

Red

MAY 2015 £4

CHRISTY
ON MARRIAGE &
WHY LAUGHTER IS
BETTER THAN SEX

MUST-BUY
A PAIR OF
FANCY FLATS

TABOO
I've never
been told
'I love you'



LIFE REVAMP
DECLUTTER
DE-STRESS
JUICE YOUR WAY
TO HAPPINESS

SPRING BEAUTY NOW!

Red's talking about...

THE ANTI-APATHY ISSUE

Katharine Hamnett,
Melinda Gates
& the rule-breakers
changing our world

- THE HAIRCUT
WE ALL WANT
- TRY A FACE-LIFTING
LIPSTICK
- THE NEW QUIETLY
SEXY MAKE-UP

FASHION | SHOPPING | BEAUTY | FOOD | HOMES | TRAVEL | HEALTH



11.12

CHANEL

girl

CHANEL



Boy

CHANEL





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The countdown to the general election has now begun. And to echo the sentiments of Miriam González Durántez, who wowed a room of *Red* readers (and myself) at a recent event: regardless of where you put your cross, please vote. After all, it wasn't so long ago that women in this country died for universal suffrage. And, as the gaping chasm in gender

equality throughout the world reminds us every day, the right to vote as a woman is far from a given, even in 2015.

Of course, parliamentary politics are only responsible for influencing and changing our world to a certain extent. Arguably the most profound and progressive change is not about top-down politics, but about the ideas and movements that come up from the ground. We've dedicated many of our pages this month to our first anti-apathy issue, and we have had terrific fun seeking out and interviewing the passionate individuals committed to making their lives count as they actively campaign for change on issues big and small – from Katharine Hamnett (above), doyenne

of the slogan T-shirt (and total rock-star goddess in my opinion), to *Red*'s luminous cover star Christy Turlington Burns, whose passionate advocacy for maternal health is truly inspiring. I know you'll love her interview (page 152), not to mention the glorious, spirited photography by her great friend Arthur Elgort in his first assignment for *Red*.

Really this issue is all about the power of change, so you'll find us embracing the theme of #MakeoverMay throughout our bumper beauty section (fancy an 'angel bob'?), as well as our interiors special (all about the life-enhancing, potentially marriage-saving, deeply important question of storage); and our fashion features focus on the new boutique trend for fashion resales (make cash while you declutter – did somebody say 'no-brainer'?). And the last word goes to Mr Armani (pictured with me, left), one of fashion's great visionaries and a designer dedicated to modernity – even as the Giorgio Armani brand celebrates 40 years in fashion. Turn to page 39, where the maestro gives us a personal glimpse into his illustrious career. Bravo, bravo!

Sarah Bailey
Editor-in-chief SARAHBAILEY

THIS MONTH I HAVE BEEN:

RELISHING every word of *The Goldfinch* by Donna Tartt (late to the party, but who cares); **RENEWING** my love affair with Björk and wondering if I can finagle a New York trip before her retrospective at MOMA ends; **RECYCLING** a goodly chunk of unworn clothing from the family closets (I can breathe!); **REALISING** that life is much better in a yellow coat (mine is by Raey at Matchesfashion.com); **TWEETING** @SarahRedMag

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page 67



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THIS MONTH'S COVERS Christy Turlington Burns wears, right: Dress, £1,490, Fendi. Necklaces, from top, £5,585; £3,245; rings, from left, £1,470; £1,000, all Pomellato. Far right: Dress, £2,150, Preen by Thornton Bregazzi. Earrings, £1,660, Pomellato. Necklaces, as before. Styling Nicola Rose. Photographed by Arthur Elgort. Hair Jimmy Paul for Bumble and Bumble. Make-up Moyra Mullholland at Bryan Bantry Agency. Nails Ana-Maria at ABTP.com. Hairstylist's assistant Lucas Wilson. Stylist's assistants Chloe Forde and Pauline Lavenant. Recreate Christy's look using Lash Sensational, Baby Lips in Hydrate, Dream Flawless Nude in Sand, Brow Drama in Medium Brown and Dream Touch Blush in Berry, all Maybelline. Subscribe to Red to receive the limited-edition subscribers' cover (far right), see page 67 for details.



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FEATURES & LIFESTYLE

@RedMagDaily @RedLivingTeam

General enquiries 020 3535 9152
Editorial assistant/PA to the editor-in-chief
Lucia Ferigutti lucia.ferigutti@redmagazine.co.uk
Online features & social lead **Hannah Gilchrist**
Lifestyle editor **Sarah Keady**
Junior content editor **Hannah Dunn**
Features writer **Natasha Lunn**
Digital lifestyle editor **Claudia Canavan**
Lifestyle assistant **Karolina Rogalska**
Features intern **Alice Pantony**

CONTRIBUTING EDITORS

Mouchette Bell, **Deborah Brett**, **Viv Groskop**,
Skye Gynge, **Sali Hughes**, **Caroline Issa**,
India Knight, **David Loftus**, **Marina O'Loughlin**,
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CONTRIBUTORS

May 2015

Arthur Elgort

Photographs this month's
cover star Christy
Turlington Burns

BEST THINGS IN LIFE?

- Photography ● Jazz
- My family ● Ballet
- Vans slip-ons
- Adidas track pants (red or black only)

MY DEFINITION OF BEAUTY IS...

Christy Turlington Burns!



Frances Anaterhir

Models this season's
make-up and jewellery
trends in *Beauty and the
bling* on page 188

BEST THINGS IN LIFE?

- My sisters ● The beach
- Travelling ● Beyoncé
- Netflix ● Hot chips

MY DEFINITION OF BEAUTY IS...

Confidence, glowing
skin and a great smile.



Kate Nash

Writes about her Girl
Gang in our anti-apathy
special on page 88

BEST THINGS IN LIFE?

- My bunny, Fluffy
- My adopted dog, Stella
- My Girl Gang
- Music ● Avocado and soy sauce
- *The Walking Dead* ● My family

MY DEFINITION OF BEAUTY IS...

Authenticity.



Rosemary Ferguson

Shares her healthy juice
recipes on page 264

BEST THINGS IN LIFE?

- My family ● My juicer
- My bed ● The pub
- Running ● Superfoods

MY DEFINITION OF BEAUTY IS...

People tend to be more
beautiful to me when they
don't know how gorgeous
they are. You can tell
when someone is happy
in their own skin – I think
that is pretty special.

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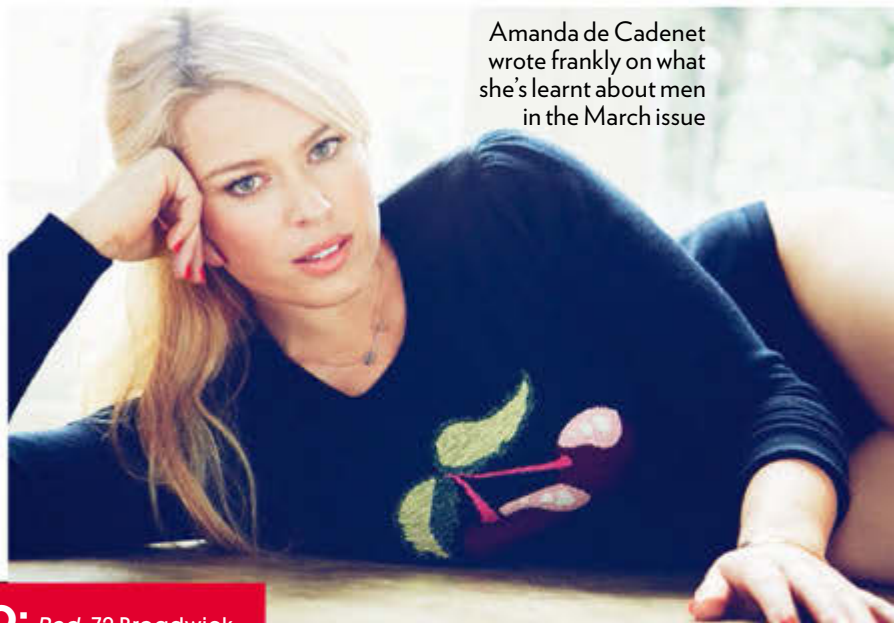
rouge
COCO



SAY IT WRITE IT TWEET IT

If you have any news, views or issues you'd like to see covered, we'd love to hear from you

Amanda de Cadenet wrote frankly on what she's learnt about men in the March issue



Red love

Sarfraz Manzoor shared an emotional account of his family's struggle to conceive for a second time in *What if you're not lucky second time around?* (March). Rachel Day emailed, 'We are a one-child family, and we can empathise with many of these issues. Serious illness in pregnancy, major surgery and a premature baby mean a second child, certainly through natural conception, is out of the question. Yet people still feel the need to ask, "Just the one?" Well done to Sarfraz for such an honest account of his feelings.' On Twitter, @CareerGirlMum said, 'We thought it'd be easy. It's not. Great piece'; and @MaggieRoxburgh agreed, adding, 'We've been through the same. Wish you all the best.'

THE VARIETY OF EXPERIENCES in *What I've learnt about men* (March) typifies the breadth of wisdom, honesty and perspicacity found in *Red* each month. Amanda de Cadenet's frank admissions about inappropriate men and her own insecurities, Julie Burchill's simultaneously bleak and heart-warming rejection of the notion of 'The One' and Sophie Heawood's celebration of 'quiet mundanity' were all fascinating. I liked Shirley Conran the best, for her no-nonsense advice. My subscription is worth every penny. *Theresa Gooda, West Sussex*

Our mail of the month wins Clarins beauty treats, worth £76 Boost your skin with the award-winning Double Serum, which combines 20 powerful plant extracts

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WHEN WE MOVED LAST APRIL,

I had to confess to my partner that I have every issue of *Red* from number one, a concept he can't grasp. They are packed up in the garage, taking up valuable space apparently. Every month they nearly make it to the local tip, but then the latest edition lands on the mat and I hesitate. How can one magazine invoke such a wide range of emotion? Keep up the good work and maybe in a few years I'll have amassed enough to build a small extension! *Jane, via email*

AN UNEXPECTED OPERATION MEANT I WAS OUT OF ACTION FOR SIX WEEKS.

As I started to recover, I picked up the December issue, read it from cover to cover and moved on to January, February and March. I found March's articles varied and useful. I now subscribe to Headspace and fit meditation into my routine, I've started following the fitness mentors and I've purchased new make-up to refresh my look... to name just a few. Thank you, *Red*, for seeing me through a tough few weeks. *Kim Babb, via email*

for intensive anti-ageing, every day. And finish with the long-lasting Be Long Mascara for perfectly defined eyelashes. This month's prize goes to Rachel Day, mentioned in *Red love*

@FranglaiseMummy Very impressed by my local MP @ChukaUmunna's interview in @RedMagDaily. Actually makes you want to vote!

@Farrah_Gray Brilliantly written article *Perfume – my erotic adventure* by Annabel. Loved the timeline of erotic ads too.

@WinklepoppetVix Great article while travelling to work – @EstherMcVeyMP well written & supportive to women #Liverpoollass

RED'S AWARDS

BEST MONTHLY CONSUMER MAGAZINE JOURNALIST & JOURNALIST OF THE YEAR (Annabel Meggeson) Johnson & Johnson Skincare Journalism Awards 2014 **BEST JOURNALISM: BEAUTY OR GROOMING** (Annabel Meggeson and Rosie Green) **& BEST LAYOUT: BEAUTY OR GROOMING** (Annabel Meggeson and Haley Austin) P&G Beauty & Grooming Awards 2013 **BEST DIGITAL FRAGRANCE EXPERIENCE** (Annabel Meggeson) The Jasmine Awards 2012 **BEST DESIGNED SITE** Online Media Awards 2012 **CONSUMER MAGAZINE OF THE YEAR** PPA Awards 2011





What is the essence of rose?

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THE RIGHT STRIPES

Combining Gucci's iconic signature design – the green and red stripe and saddlebag style – with this season's bohemian mood, the Lady Web is hands down the bag of the moment. Luxurious suede, heritage touches and masterful workmanship, it's an instant classic.

Suede bag, £1,200, Gucci



Handle with care

- Keep luxury suede pieces in a cotton dust bag and in the dark to avoid colour fade.
- Clean with a soft toothbrush or wire suede brush. 

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#MAKEOVERMAY

TRY SOMETHING NEW

Polished denim, bold colour combos and the coolest, brightest trainers. It's time to introduce the newest trends and styling tricks to your wardrobe

An acid-bright coat is your one-step route to sharp summer style



Cotton shirt,
£55, Cos

Polyester trousers,
£150,
Essential



Neoprene shoes, £120,
Karen Millen



Polyester skirt, £125,
Iris & Ink

STYLE TIP

Pair this red satin skirt with bold stripes.

THE BOLD & THE BRIGHT

Strong primary colours are back. The head-to-toe styling on the catwalk might be too much for real life, but take inspiration. Try a bright yellow jacket over pale grey jeans or a pair of cobalt blue heels with black cigarette trousers.

SILK FINISH

Add a full bow for uptown chic, knotted to the side for evening cool, or even attached to your bag for a quick style update.



Just Cavalli SS 15



Gucci SS 15



Max Mara SS 15

10 years of Dagmar



The queens of Scandi design, sisters Karin, Kristina and Sofia Wallenstam, deliver a cool collection of dresses to celebrate their 10-year anniversary – and we are first in line to buy. »



Burberry Prorsum S/S 15

CATWALK KICKS

If you haven't bought some arty trainers yet, now's the time. Eye-catching prints and rainbow shades push classic white out of the spotlight.



Leather, £395, Burberry Prorsum



Leather and suede, £100, Geox



Suede, £85, Asics at Offspring



EDITOR'S PICK

Nylon, £250, Carven

If you're still not sure about fashion trainers, try a pretty floral pair and ease yourself in gently.

STATEMENT EARRINGS

Forget about the chunky necklace – this season no outfit is complete without a pair of dramatic earrings. Invest in a designer set and elevate a simple sweater and jeans in an instant.

Rose-gold vermeil,
£332,
Carat



Crystal, £69,
Swarovski



Stone and metal,
£135,
JCrew



Sterling silver,
£235,
Thomas Sabo

18ct rose gold, enamel and resin,
£220,
Tory Burch



Marni S/S 15

CARE TIP

Keep your leather as good as new by using a protective spray or leather lotion every two to three months.

Leather bag,
£529, Raoul



Leather clutch,
£85, Autograph at Marks & Spencer



Leather shoes,
£140,
Karen Millen



THE NEW CLASSIC

The black or brown dilemma is resolved with the emergence of the latest neutral colour combo – tan, black and white. Smart and fresh, it offsets denim and crisp white perfectly. >

Prada S/S 15





JAEGER

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*shampoo + conditioner vs. non-conditioning shampoo
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Feel like wearing stripes and prints? Go with it



Cotton top, £420, Marni at Browns

Leather shoes, £474, Pierre Hardy



COLOUR BLOCKING

Navy and green, multicoloured stripes and bold, bright panels – experiment with colour, mix and clash. There are no rules.

STYLE TIP

Try a navy and green bag with floral prints or stripes.

Leather bag, £65, & Other Stories x Clare Vivier



Best high-street buy

Shoe news

Style icon + premium shoe brand = the amazing new LK Bennett x Laura Bailey collection. Form an orderly queue. »



Leather, £195 each, both LK Bennett



Hot buy: Laura Bailey's new designs for LK Bennett



FANCY FLATS

Rethink your ballet flats. It's all about pointy toes and ankle straps now. Choose textures like velvet and suede, plus there's always room for animal print.



Leather, £215, Russell & Bromley



Suede, £45, Next



Leather, £69.95, Massimo Dutti



Leather, £350, Isabel Marant at Net-A-Porter

Invest in one amazing designer pair. An elegant cocktail flat looks super-stylish at a wedding or party – just think about them as you would a special pair of heels. Well worth the investment. 

STYLISH & SUSTAINABLE JEWELLERY

Maiyet creates jewellery with a difference. Its design-driven collection seeks to revive ancient techniques and elevate the next generation of craftsmen from places like India, Kenya, Mongolia and Peru. Maiyet also runs training programmes that allow its partners to create high-quality, exceptional products and promote stability, prosperity and dignity in their communities.



18ct gold-plated brass and horn ring, £470

18ct gold-plated brass and horn necklace, £775

18ct gold-plated brass and resin earrings, £640

18ct gold-plated brass and resin necklace, £640, all Maiyet

DRESSED-UP DENIM

Elegant jackets, office-worthy tailoring and Seventies styling – denim is no longer just weekend-wardrobe territory.



Fendi S/S 15



Denim jacket, £79, M&S Collection

Suede shoes, £545, Rupert Sanderson



Blue on blue

Wear with

CARE TIP

This season, denim is darker, so reduce the risk of fading by washing yours inside out.

Wear with



Suede tote, £149, Jigsaw



Denim jumpsuit, £375, J&M Davidson

Slick tailoring



Silk shirt, £680, Dries Van Noten at Browns

Wear with



Seventies style

Denim skirt, £39.99, H&M

For more new-season trends, visit REDONLINE.CO.UK



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Words OONAGH BRENNAN

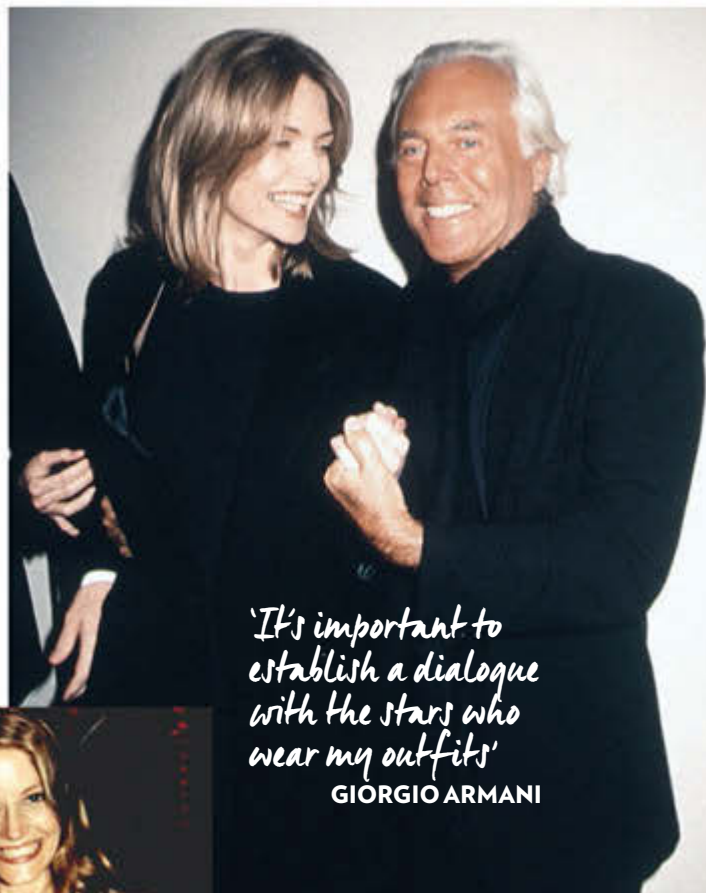
Whether you're an A-lister on the red carpet, or the rest of us dressing for the office, Giorgio Armani designs clothes that fit modern women's lives. That jacket hung on the back of your desk chair? In the 1970s, it was Armani who created power suits for women and changed our working wardrobes forever. Along the way, he threw out the shoulder pads, softened the silhouette and created a slouchy fit that feels office-appropriate.

Of course, it's not the can't-live-without work jacket that gains column inches. But a 29-year-old Jodie Foster accepting her 1992 Oscar in a champagne silk faille jacket and beaded trousers by Giorgio Armani (above, right). Or Cate Blanchett in shimmering, floor-length Armani Privé at the 2014 ceremony (below, right). Moments like that create fashion legends.

This year, Giorgio Armani celebrates 40 years at the forefront of fashion. And, as well as launching Silos Armani – a permanent exhibition of his archive designs and sketches in Milan – this month he will open Expo Milano 2015 in his role as special ambassador.

'For the *Red* woman, who loves fashion but isn't a slave to trends, Armani's effortless clothes – a beautifully tailored white trouser suit or butter-soft grey leather jacket – are classic, keep-forever pieces,' says *Red*'s creative director Nicola Rose, who dressed a newly short-haired Yasmin Le Bon in an Armani boyfriend shirt and black trousers for *Red*'s November 2013 cover. 'The look was minimal and clean, which was a real departure from the wow dresses I might normally choose for a cover.'

As Mr Armani continues to define modern style, he shares a few of his favourite moments from four decades of design. »



'It's important to establish a dialogue with the stars who wear my outfits'
GIORGIO ARMANI



CLOCKWISE, FROM TOP:
Armani with Michelle Pfeiffer;
Jodie Foster wore Giorgio Armani to the 1991 Oscars;
Armani designed Cate Blanchett's 2014 Oscars gown; Foster chose Giorgio Armani again for her 1992 Best Actress win

BORROWING FROM THE BOYS

'In the 1980s, the power suit was very popular,' Armani recalls. 'I realised women were working harder and harder; they needed clothes equivalent to men's workwear. Something that would give them dignity, an attitude that would help them in their careers without requiring them to give up being a woman. Today's power suit, if the definition still means anything, is essentially still a trouser suit, but it's more fluid than it was in the 1980s, less restrictive.'



The original power suit, photographed by Aldo Fallai, has become synonymous with the Giorgio Armani brand (and top right)



Armani cemented his position in the public eye when he designed suits for Richard Gere's character in *American Gigolo* (1980)

A/W 84

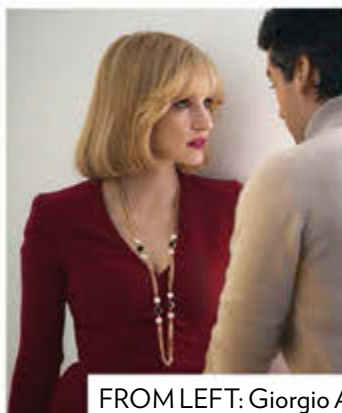


Giorgio Armani's sharp suiting reinvented for the big screen: Naomi Watts in *Fair Game* (2010; above) and Cate Blanchett in *Hanna* (2011; right)



LADY IN RED

Jessica Chastain's incredible 1980s-inspired wardrobe in the 2014 film *A Most Violent Year* was designed exclusively by Giorgio Armani. 'Jessica, who is a friend of mine, helped out in the research through the archives and the choice of the most suitable items for her character,' he says. 'This is a good example of the kind of close dialogue I like to have with actors.' »



FROM LEFT: Giorgio Armani designed Jessica Chastain's entire *A Most Violent Year* wardrobe; Chastain in the 2014 film; and wearing Armani at the film's New York premiere



JIMMY CHOO

BLOSSOM

THE NEW FRAGRANCE





S/S 94



S/S 90



S/S 03

Iconic shots from the Giorgio Armani archive, by (from left) Peter Lindbergh, Jacques Olivar and Paolo Roversi

MOMENTS IN TIME

Giorgio Armani has collaborated with some of the world's biggest photographers on some of fashion's most iconic advertising campaigns – Peter Lindbergh, Jacques Olivar and Paolo Roversi to name just a few. The photographs are still inspiring us today. 'The images shot by Paolo Roversi express great sensuality and Peter Lindberg and I share a love for elegance and simplicity,' says Armani.

LOOKING BACK FOR S/S 15

'While working on the Giorgio Armani S/S 15 women's collection, I looked back at my work from the 1990s, particularly the Scavo collection,' says Armani. 'It's the purest inspiration and spirit of serenity of the Armani collections of that time that I wanted to go back to, because I consider them relevant today. The rest is a reflection on the present, which is particularly interesting to me this year, as my brand is turning 40.'



Our cover star Christy Turlington Burns modelling Armani's Scavo collection, 1994



The S/S 15 collection was inspired by Giorgio Armani's designs from the 1990s

Photographs: Allstar, Aldo Fallai, Peter Lindbergh, Jacques Olivar, Paolo Roversi. Additional photographs courtesy of Giorgio Armani



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PANDORA
UNFORGETTABLE MOMENTS

MASTERCLASS

HOW TO WEAR: UTILITY

The trench

A lightweight maxi trench is the elegant way to wear utility. Mix with smart stripes or try draping over dark denim jeans and Adidas Stan Smiths for a more relaxed look.

Viscose coat, £175, French Connection. **Linen-mix shirt**, £36, Asos. **Cotton skirt**, £164, Rebecca Minkoff. **Suede shoes**, £35, Dorothy Perkins



HIGH-STREET MUST-BUY

Tap into army life, without looking like you're dressing for military manoeuvres, with style director Oonagh Brennan's cheat sheet

The boiler suit

If you haven't bought a boiler suit yet, what's keeping you? Comfortable and flattering, go urban safari with animal-print shoes and gold accessories – or roll up with biker boots and a blazer for the school run.

Poly-mix jumpsuit, £58, Asos. **Canvas bag**, £460, Jerome Dreyfuss. **Gabardine shoes**, £355, MaxMara



The combat trousers

This season you need to be thinking boyfriend. Wear them low-slung and pretty up with lace or a frill. The Isabel Marant equation of romantic + tough always wins.

Cotton top, £160, Kate Spade New York. **Cotton trousers**, £320, Stella McCartney at Matchesfashion.com. **Leather shoes**, £185, Russell & Bromley



The shirt dress

Utility is a versatile trend and when it meets spring's hottest new dress shape, you've got a wardrobe winner. With just a swift accessory change, this dress will transform from smart workwear to cool party piece (try undoing a button or two). Feel too hippy in waisted shapes? Wear the belt higher to give the illusion of a longer torso.

Cotton dress, £396, Dorothee Schumacher. **Leather bag**, £39, & Other Stories. **Suede shoes**, £475, Casadei

Suede shoes, £50, Next



MILITARY DETAILS

Sample the trend with army-inspired accessories



Acetate sunglasses, £170, Ray-Ban at Sunglass Hut

For more how-to-wear tips from Red's style director, head to REDONLINE.CO.UK



Leather bag, £435, Longchamp



Chair pad
7.99

Shop at [hm.com](https://www.hm.com)

H&M



Martha wears: **Chiffon blouse**, £110, Chloé.
Cotton skirt, £110, J Crew.
Both available to buy at Vestiaire Collective

SPRING CLEAN

WARDROBE DETOX

The flurry of new boutique designer-resale sites mean it's easy to earn money by decluttering your wardrobe – and that suits stylist and shopping addict Martha Ward just fine

Photographs EVA K SALVI

I read recently that everything you own should bring you joy, and if it doesn't then you should discard it. It was an epiphany moment for me; I opened my wardrobe and, as numerous pairs of shoes came tumbling out, decided there was no time like the present for a clear-out. And it's never been easier. Vestiaire Collective, Covetique and Tictail are three of the many luxury resale sites providing a platform to sell (and buy) preworn premium pieces – just the thing for hoarders like me.

Emotionally detaching myself was the hardest part. A dress I wore on a sunny September weekend in Brighton when I was falling in love seven years ago, a beloved smock I bought on a happy day at Barnes Fair, a beautiful Victorian blouse from my favourite vintage shop (though now torn to shreds)... the list goes on. When you realise you own 30 (yes, 30) white sundresses, it's probably time to get rid of the ones you don't really love or turn to any more. Are they really *all* bringing you joy? Saying that, some old faves will always remain. I'm never, ever getting rid of my Barry Manilow T-shirt from my teenage years, and my slightly tasteless floral dungarees from way back when are also here to stay.

I may have an emotional attachment to my clothes but I hadn't worn a lot of them in a very, very long time and the reality was that I had replaced them with things I now love and wear a great deal *more*.

Going forward, I have vowed to myself: no more impulse buying. My wish list for the new season is based on pieces I really need and love – be they high-street or high-end. This season, for me, it's all about a Chloé white lace shirt dress, an MiH Jeans denim skirt, an intricate summer dress by Self-Portrait, a Sea NY pinafore dress and a small Chanel bag. My perfect capsule summer wardrobe.

Which leads me to the real wonderment in all this: the joy of the websites that enable you to actually get »

Suede boots (above), £440, Tabitha Simmons. **Plastic necklace** (right), £30, Marni x H&M. Both at Vestiaire Collective

Metal clutch, £85, Céline, at Vestiaire Collective

something out of this traumatic process of ‘detoxing’. They take the pain out of discarding a hugely expensive Prada skirt because you know you’re going to get a good return for it – and, best of all, you can observe as others ‘love’ your items or add them to their own ‘watch list’.

The Vestiaire VIP concierge service is available to everyone; you just have to pay a 35% commission from each sale. Every aspect of reselling your unwanted treasure is taken out of your hands – from collection, to pricing, to sales. Ditto Covetique, as tried and tested by several members of the *Red* team. *Red*’s deputy editor Saskia Graville recently sold a pair of Prada stilettos – bought at a Milan factory outlet, they were too high to walk in so had never been worn, but sold for £170.

After one especially good ‘detox’, I could barely believe my eyes when the total tally for all my listed items popped up: £1,850. I was so overjoyed I almost went straight to Saint Laurent for the bag I’ve been lusting after. But I found it on the site for half the retail price and promptly bought it (thus spending my earnings before they’d even come in). It occurred to me that I was getting as much of a thrill buying from these sites as I was from selling. Sort of defeats the purpose but, hey, I am a shopaholic.

Hoarding has been a hard habit to break, and it’s taken time to be ruthless about banishing clothes, but the process has been nothing short of educational. This selling malarkey is an art, but it’s all the rage and, if I’m to continue buying more white sundresses and adding further to my Victorian blouse collection, I’m going to have to clear some space for them. I’ve even learnt to love the time I devote to decluttering; it’s cathartic and something I recommend to all fellow hoarders out there.

Lest we forget, one girl’s trash is another girl’s treasure – and nothing highlights this more than the volume of these ever-evolving reselling sites. It’s a detox, and it’s also highly addictive. On that note, I must get going on this pile of unwanted treasure...

For more shopping and reselling tips, see REDONLINE.CO.UK

Post-cleanse, Martha says she’s loved decluttering



How to sell successfully

- Take clear photos of your item on a plain, well-lit background. (Covetique will photograph your items for you, and Vestiaire’s VIP concierge service also do everything on your behalf.)
- It’s easier to show how a piece of clothing fits if it is photographed on an actual body.
- The more detailed the description of your item, the better – it’s worth putting in that extra effort to increase your chance of a sale.
- Send the items off to your chosen resale site with an appropriate price. They will then list your item, send it on to the buyer and pay you the money.

FROM MARTHA’S WARDROBE TO YOURS... SHOP HER LATEST PIECES AT VESTIAIRECOLLECTIVE.COM

The bags that made the cut in Martha’s wardrobe



A-LIST CAST-OFFS? YES, PLEASE

Covetique is a hassle-free way to sell designer pieces. Its team of experts carefully select the brands, check the quality and offer a premium service including collection, photography and sales. The site also provides style inspiration and plenty of insider tips – and, through its #onelessdress campaign, allows customers inside the wardrobes of their favourite industry insiders. So you can buy pieces from the wardrobes of style influencers such as Lucy Choi, Emily Johnston and Edith Bowman.

More ways to sell

TICTAIL.COM A great platform for selling fashion, homewares and art.

BUYMYWARDROBE.COM With more of an Instagram feel than e-commerce, this is a fashion resale community first and foremost. But it also has a central London boutique and hosts pop-up events.

TAGS-ON.COM A designer clothing resale site with a twist, this one runs celebrity clothing auctions to raise funds for charities chosen by the celebrity sellers.

HARDLYEVERWORNIT.COM One of the more personal services, this London-based company allows clients to drop off items and browse pieces on sale at its central London HQ, and also offers private appointments and style advice.



All prices are non-binding BPP's including VAT. Prices are subject to change from time to time without prior notice. Please check with the participating boutique at the time of purchase. Miranda wears items priced from £49 to £310.

Collection from £49


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BUY, KEEP, STORE

Your spring guide to the key pieces to buy, old favourites to hang on to and forever classics to stow away for a while

BUY



1970S PLATFORMS

With statement shoes, make sure your outfit is simple – wear with wide-leg trousers.

Neoprene-mix coat, £149, Per Una Speciale at Marks & Spencer

THE PASTEL TRENCH

A trench coat is, and always will be, a faithful go-to – but this spring it's all about the pale colours and thick, sporty fabrics.



Cotton-mix trousers, £355, Coach

WIDE STRIDES

Far from scary, this trouser trend is comfortable, wearable, but most of all flattering.

KEEP



Leather shoes, £325, Tod's

THE MANNISH BROGUES

Our love of androgynous footwear is still going strong, but it's all about feminine hues and lighter textures in the run-up to summer.



THE CLASSIC DENIM JACKET

The jean jacket is here to stay. Work double denim or pair with a tailored button-up skirt for a grown-up take on the trend.

STORE



POINTED STILETTOS

Designers favoured a rounder toe and chunkier heel for spring/summer but stow your courts carefully because they will always be a classic.

THE BLACK LEATHER BIKER

This season, it's more about coloured leather. Store your black leather jacket for next winter.



A CULOTTE

Cropped at the calf and tailored top to bottom – the midi trouser is still the perfect take on modern workwear.



SUPER-SKINNY JEANS

Skinny jeans are a staple throw-on, but it's time to try a wider leg and sharper silhouette. So no more spray-ons.



For more style advice, head to REDONLINE.CO.UK



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TAKE BEAUTY
INTO MY
OWN HANDS."

Katie Holmes

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drastic measures.

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1 ITEM 4 WAYS

FASHION MATHS

Revive a year-round favourite by adding spring pieces to create four new style equations



DRESSED UP FOR DINNER

Cotton trousers, £145, Karen Millen. **Leather shoes**, £410, Stuart Weitzman. **Crystal and metal earrings**, £7.50, Dorothy Perkins

A HOLIDAY SAVIOUR

Acetate sunglasses, £200, Jonathan Saunders. **Denim jeans**, £80, Levi's. **Leather sandals**, £79.95, Massimo Dutti

WEEKEND-WARDROBE REFRESH

Cotton-mix bomber jacket, £79.99, H&M. **Leather and suede boots**, £220, Comptoir des Cottonniers. **Cotton trousers**, £230, J Brand

OFFICE SMART

Leather bag, £219, Radley. **Cotton-mix skirt**, £225, LK Bennett. **Leather shoes**, £95, & Other Stories

Find more on making the most of your wardrobe classics at REDONLINE.CO.UK

STYLE TIP

Give your legs extra length with vertical stripes and stilettos

STYLE TIP

Accessorise your travel wardrobe with pops of animal print

STYLE TIP

An affordable way to buy into the sports-luxe trend



Russell & Bromley



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The Cleo bucket bag
www.russellandbromley.co.uk

Watermelons

= EXPLOSIVELY FRESH =



SHAY & BLUE
London



shayandblue.com



TIMEPIECES

CLOCK WATCHING

High-shine and deluxe, mannish metallic is the look of the moment

Photographs OMER KNAZ

Styling ALEXANDRA LUNT



Stainless steel,
£2,095, TAG Heuer



**Stainless steel and
diamond,** £3,275,
Tiffany & Co

Stainless steel,
£3,250, Cartier



CLASSIC KEEPERS

A worthy investment, these stainless steel watches are guaranteed to stand the test of time

Stainless steel,
£3,250, Rolex at
Goldsmiths



Stainless steel,
£3,910, Bulgari »

FASHION FIX

Pair metals like rose gold and silver, and garnish with a sprinkle of sparkle for the look of the season

Stainless steel and diamanté,
£369, Seiko

Stainless steel and diamanté,
£199, Citizen

Stainless steel,
£285, Tissot

Stainless steel,
£450, Links of London

Stainless steel,
£1,240, Rado

For more stylish watches, see
REDONLINE.CO.UK



THE NEW FRAGRANCE BY **narciso rodriguez** FOR WOMEN

Professor Dame Carol Robinson

2015 Laureate for United Kingdom

By Brigitte Lacombe



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WEEKEND STYLE

WE'RE ALL GOING ON AN EASTER HOLIDAY

Who's ready for a springtime getaway? Three stylish travellers open their perfectly packed suitcases and share their holiday plans



14ct gold and cubic zirconia ring, £399, Pandora



Leather bag, £325, Sophie Hulme

DEVON

SOPHIE HULME, ACCESSORY DESIGNER



YOUR ONE MUST-HAVE PIECE?

My Globe-Trotter hard suitcase (above) – it has stood the test of time (and been bashed about on planes and trains) and looks chic, too. The perfect accompaniment for any journey.



iPad Air 2, from £399, Apple

WHAT ARE YOUR TRAVEL ESSENTIALS?

My Linda Farrow sunglasses – perfect for no-make-up days. And I make sure my iPad is updated with a sing-along playlist for the car.



Acetate sunglasses, £395, Linda Farrow

WHERE WILL YOU STAY?

At our family house by the sea in Dartmouth. There's something about seeing the sea that makes me feel instantly relaxed. I love taking a boat up the river to Dittisham and having lunch at The Anchorstone Café (anchorstonecafe.co.uk). It serves unbelievably good seafood. »



NEW TREND ALERT

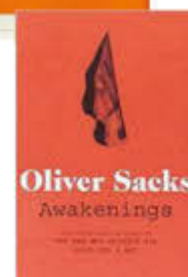
Waterproof rubberised cotton jacket, £235, Whistles x Stutterheim



Silk scarf, £190, Liberty x Sophie Hulme

WHAT WILL YOU PACK?

I always take a good book – I'm reading *Awakenings* by Oliver Sacks and I'm hooked. I also take comfy shoes, a waterproof jacket, and, of course, my Sophie Hulme x Liberty scarf!



Awakenings by Oliver Sacks (Picador, £9.99)



Wool jumper, £185, &Daughter



Denim jeans, £220, MiH Jeans



Canvas trainers, £50, Converse

Travel tip Stay at nearby Anzac Street B&Bistro (anzacbistro.co.uk). The restaurant serves amazing Polish food. For other Devon retreats, see Redonline.co.uk.

CAPRI

**JUDITH MILGROM,
CREATIVE
DIRECTOR, MAJE**

WHERE WILL YOU BE SPENDING EASTER THIS YEAR?

Capri – the beauty and calm of the island makes it the ideal place to unwind with my family. We go for evening walks and it's a great shopping spot – there's no keeping me away from my favourite pastime.

Acetate sunglasses,
£125, Emporio Armani
at Sunglass Hut



**Chanel Le
Crayon Yeux
in Noir, £29**



WHERE DO YOU HANG OUT IN CAPRI?

For the best pizza and pasta on the island, we eat at Aurora (auroracapri.com). Villa Verde (villaverde-capri.com) is a great spot, too, with a fun atmosphere and delicious seafood.

WHAT WILL YOU PACK?

A very edited selection of pieces that are versatile and can be mixed and matched to work for beach, days out and night-time. A cotton maxi skirt is perfect to slip on over my Eres swimsuit and a jumpsuit is a holiday lifesaver. I never bother with heels; I just live in strappy sandals.

**Poly-mix
jumpsuit,**
£280, Maje



Leather sandals,
£105, Ancient
Greek Sandals



EDITOR'S PICK

**Poly-mix
swimsuit,**
£320, Eres



Cotton skirt,
£269, Maje



**18ct gold and sterling
silver bangle, £325,
Georg Jensen**



Cotton shirt,
£44.95, Gap

YOUR ONE MUST- HAVE PIECE?

An oversized cotton shirt. I'll wear it belted as a little dress or loose over denim shorts to keep cool.

Denim shorts,
£180, Frame Denim
at Selfridges



WHAT ARE YOUR TRAVEL ESSENTIALS?

Aesop's Resurrection Rinse-Free Hand Wash – I can't get on a plane without it. That, and a huge beach bag that can double up as carry-on luggage.

**Aesop
Resurrection
Rinse-Free Hand
Wash, £7**



*L'Écume
Des
Jours* by Boris
Vian (Livre de
Poche, £17.79)



WHAT'S ON YOUR READING LIST AND PLAYLIST?

Boris Vian's *L'Écume Des Jours* – full of romance and jazz. I've read it more times than I can count. And I'll be listening to a French act called Christine and the Queens. I think they're the next big thing. »

**Plastic and leather
headphones, £269.95,
Bose at John Lewis**



Travel tip Judith stays at the Capri Tiberio Palace (capritiberio palace.it). For more island escapes, visit Redonline.co.uk.



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L'EAU COUTURE



18ct rose gold earrings, £42,
Tada & Toy

BRAND TO WATCH

Silk eye mask, £25, Yolke

Silk pyjamas, £330, Olivia von Halle

Murad Perfecting Day Cream SPF30, £39

Rubber wellies, £90, Hunter

Waterproof cotton coat, £299, Barbour for Land Rover

Denim jeans, £35, Fearne Cotton for Very.co.uk

Canvas holdall, £80, Day Birger et Mikkelsen

Find more weekend style inspiration at REDONLINE.CO.UK

Travel tip Stay at Bellinter House (bellinterhouse.com) – ideal for old-school comfort and luxury. For more hotel recommendations, visit Redonline.co.uk.

IRELAND

FEARNE COTTON, DJ AND DESIGNER

Cashmere jumper, £305, Chinti and Parker

WHERE WILL YOU BE SPENDING THE EASTER WEEKEND?

In the middle of nowhere, just outside Dublin, with friends and family. A UK break is great at Easter because we can jump in my Land Rover and drive there – it's roomy enough for everyone to have a comfortable trip, and there's no messing around at airports.

WHAT WILL YOU PACK?

Walking boots for lots of lovely family rambles, a football for the boys, comfy sweaters and some good books for the end of the day.

WHAT'S ON YOUR TO-DO LIST?

We like to stay in and have big cook-offs but if we go out, there's an amazing restaurant in Dublin called Rustic Stone (rusticstone.ie). The food is yummy and you can cook some dishes yourself on a hot stone at your table.

YOUR ONE MUST-HAVE PIECE?

Easter can still be chilly so a nice warm coat that I can bundle up in. My Barbour is perfect – not too big and bulky to pack, but still warm and goes with everything.

**MEET
CILLA, IDA
& PETER**

INSIDER

BREAKING OUT OF MY STYLE RUT

With a wardrobe full of samey items she wears day in, day out, Laura Craik is shaking up her shopping habits for things that make her smile

Sometimes, I wish I was a bit less... stripy. No matter how tempting the haul, or how many new things are beckoning me from the shop floor, for some reason, I still think it's a good idea to buy just one more Breton. Even though my middle drawer already resembles Cap'n Birdseye's trove. To misquote Kevin Spacey in *American Beauty*: when did I get so boring? True, his character was referring to his wife's lack of enthusiasm for an impromptu mid-afternoon romp on the sofa ('This is a \$4,000 sofa, upholstered in Italian silk,' Annette Bening squeaks when he suggests it) but I often feel like applying it to my appearance, which looks similarly sexless 99.9% of the time. I never get my legs out any more, or even any of my 263 pairs of heels, a number that's only a slight exaggeration.

You will probably conclude from this that I am a mother... and you would be right. Like most mothers of small children, I live in jeans, sweatpants, trainers and a succession of round-necked jumpers that could have hailed from any era between 1985 and the present. It's human nature to slip into routine and to 'comfort-buy' those items we already know suit us. And while nobody is advocating the purchase of a banana-yellow skintight dress on the basis it looked good on Joan Smalls when she sashayed down the catwalk at Balmain, there is a middle way.

Rather than buying the things you'll get the most wear from (boring!), try to buy things you love. Then, rather than adhering to your usual habit of 'saving them for best' (or maybe that's just me), you wear 'em anyway. What if there never is a 'best'? What if there are only two or three 'bests' out of 365 days? This seems a pretty poor ratio to live by.

I haven't gone crazy and bought a cropped top, thigh-high boots or a bejewelled Balenciaga dress. I've merely bought a handful of things that made my heart beat faster as I clicked on the drop-down menu to see whether they still had them in my size (tip: this ba-boom, ba-boom sensation is always a sure sign that you really, really love something).

To date, my haul consists of: 1) a lilac Thierry Colson smock dress that is the quintessence of a hot-weather/holiday garment (fine, so I haven't yet booked a holiday.



Laura wears: **Coat**; **jeans**, her own. **Cotton top**, £155, Paul Smith at Fenwick. **Suede shoes**, £315, Jimmy Choo

But when I do, Moss, Palermo and Klum will have nothing on me); 2) a black midiskirt with a front split by Raey, which I am convinced will 'take me from office to cocktail party', as the hackneyed saying goes, even though my office is the spare room and I prefer pints to cocktails; and finally, 3) a really handy, throw-it-on, boxy sweater from Whistles. Um, it's stripy. White with navy stripes, in fact. But it's not a Breton. Oh no. Definitely not.

Oh well. Two out of three isn't bad. 🍷



Embroidered cotton dress,

£375, Thierry Colson at Matchesfashion.com. **Acetate sunglasses**, £226, Valentino. **Leather sandals**, £45, Miss KG at Kurt Geiger

Silk crepe shirt,

£110, Iris & Ink. **Twill skirt**, £295, Raey at Matchesfashion.com. **Hematite, pearl and Swarovski crystal earrings**, £285, Mawi

Cotton jumper,

£95, Whistles. **Denim jeans**, £44.95, Gap. **Leather trainers**, £220, See by Chloé at Net-A-Porter

Find Laura's full shopping wish list at REDONLINE.CO.UK

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Naturally inspired

Marco Bicego's Lunaria collection, drawn from seed pods, is simple yet striking. Wear all three pieces together for maximum impact.

FROM LEFT: **18ct gold bracelet**, from £550; **18ct gold ring**, from £945; **18ct gold earrings**, from £405, all Marco Bicego, available exclusively at Harvey Nichols London

UPDATE

FASHION NOTEBOOK

Jewellery special

LEAD THE WAY

Designer Loren Stewart takes her inspiration from pop culture, which she blends with a street aesthetic. We love these arrow earrings.

14ct gold and diamond earrings, £295 each, Loren Stewart at Matchesfashion.com

FLEX IT

Each design in Fope's Solo collection has a flexible chain at its core, so the jewels move with you. Gorgeous.

18ct white gold and diamond bracelet, price on request, Fope at Mappin & Webb

RAISE THE BAR

Diane Kordas' beautifully understated necklace is an extra-special wear-everyday piece.

18ct rose gold and diamond necklace, £850, Diane Kordas at Net-A-Porter

Ultra fine

Glittering with pavé diamonds, these exquisite oval bangles will make a timeless addition to any jewellery box.

18ct gold and diamond bracelet, £3,350; **18ct rose gold and diamond bracelet**, £3,350; **18ct white gold and diamond bracelet**, £3,400, all De Beers

COLOUR POP

Make a splash with a statement cocktail ring.



18ct rose gold, chrysoprase and blue sapphire ring, £2,640, Pomellato

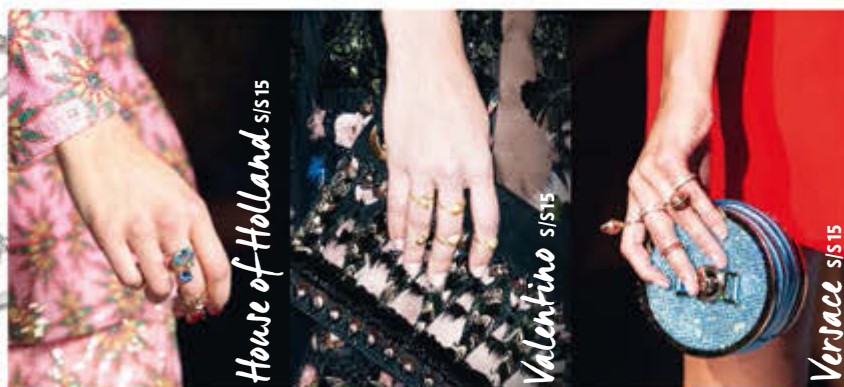
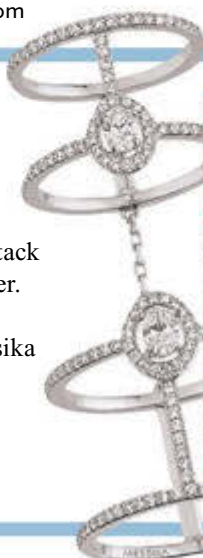


18ct rose gold, white gold and amethyst ring, £1,150, Pomellato

MAX IMPACT

The hottest jewellery trend for S/S 15 is to stack your rings on one finger. This diamond-dusted double ring from Messika is top of our wish list.

18ct white gold and diamond ring, £5,510, Messika at Harrods



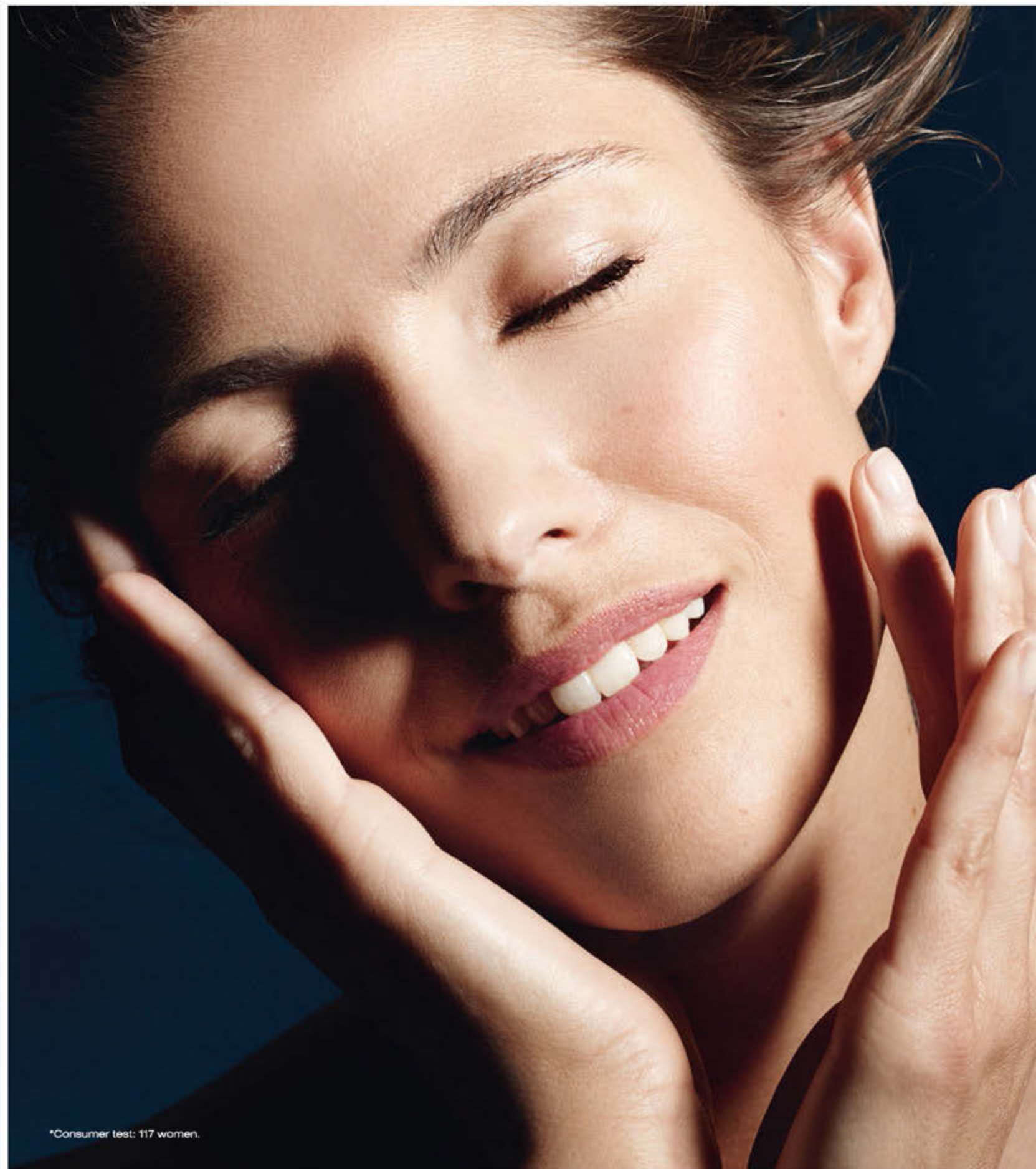
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+

TABOO
'I'M MARRIED
BUT STILL
DATING'

RED, THE JUNE ISSUE, ON SALE APRIL 30TH



ROSIE GREEN

Open wide!

Carp mouth, lunch breath and unfortunate sound effects – for our columnist, a visit to the dentist was always going to be a challenge

I am leafing through a *Saga Magazine* circa 2007, trying to focus on baths with doors and post-60 sex while fighting the bodily urge to bolt as fast as my MiH denims will carry me. For I am at the dentist, the place that showcases human beings' mental reasoning at its most advanced. Here, you are expected to willingly submit yourself to pain (physically and financially) for the gain of eventual 'mouth health', with not so much as an 'I kept tooth decay at bay' sticker for reward.

I have, of course, forgotten to bring my toothbrush for the now-compulsory pre-clean clean (a recent phenomenon surely? In the 1980s Monster Munch breath was perfectly acceptable). This is sweat-inducing because a) I had a tuna nicoise from Pret only an hour ago and b) though I made a solemn vow to use those TePe pokey things between my teeth everyday, I sort of tailed off after week two. This means I now have a build-up of tartar that would take an arc welder a double shift to dislodge.

In the toilet, I decide to attack said tartar with whatever instruments I have to hand (tweezers, Biro lid) and use my finger on the front of my teeth to get the worst of the rocket off. But before I can return to the Stannah stairlifts and 10-day 'Rhine and her tributaries cruise', I am called through.

Suddenly, there I am, in the chair, with D, who happens to be both friend and neighbour, coming towards me with a mirror and a pick instrument of medieval torture. I try to restrict breathing to just nasal airways (to reduce tuna fumes), which creates the unfortunate sound effect of 'mating walrus'. D is too polite to mention it.

I have opened my mouth obediently (fighting the urge to clamp it shut) but after 20 loooooong seconds I realise that

while I am waiting, carp-like, braced for pain, D is actually on the other side of the room tooling up. Shameful.

When it is appropriate to open my mouth again, D observes, in a rather bemused fashion, that 'there is blue ink on your teeth'. I feign innocence. I try and distract myself from the (surprisingly gentle) prodding and poking by thinking of the time my friend T reached for a pair of goggles perched atop her head and accidentally ended up grappling around in her dentist's crown jewels. Or D's story about a colleague, whose patient had rather distractingly faux boobs. She came to him

worried about halitosis and after conducting a thorough mouth examination, he ended it by saying, 'I'm happy to reassure you, Mrs Yates, there is absolutely nothing wrong with your breasts.'

We manage to get through the session without any biting (I have, previous to this, an instinctive reaction...) and I leave fully pumped up. I am going to use those TePe things! I will locate the charger for my Oral B Trizone 4000! I will bin Alpha Male's totally splayed toothbrush (he applies a force that would knock Newton's wig off) and buy the uber-premium toothpaste. I will also frogmarch AM in for a hygienist appointment (he has been unkeen since his virgin visit, which he thought would be just like a 'spa treatment'). AM likes to practise dentist abstinence as he maintains bad things only happen when he visits.

I exit reception, in my relief barely noticing I am paying the equivalent value of some J Crew flats.

As I walk homewards, sucking air through the newly created holes between my teeth, I feel virtuous and serene, bordering on Gwyneth-like. Until, that is, I realise I am still wearing the goggles. Cue instant

carp face. 🐟

'I try to restrict breathing to just nasal airways (to reduce tuna fumes)'



Read more from Rosie at REDONLINE.CO.UK

TASMINA PERRY

Culture club

Life drawing, choux-pastry swans... You name it, Tasmina Perry's tried it. Her verdict? After-school activities aren't just for kids



IT ALL BEGAN WITH A NAKED MAN CALLED RUSSELL. I'd been on holiday, intrigued by a sign for life-drawing classes and, before I knew it, I was blushing behind an easel as an eightysomething model took his clothes off. He was no Jamie Dornan

and I was no Monet, but once I had got past my self-consciousness I loved it. Loved the smell of the paint, loved smudging the charcoal, loved talking to Russell and the other students about art. And most of all, I loved how it made me feel – that I was doing something for me, that I was doing something fresh and brave.

As a child, I used to embrace learning new things. Trampoline lessons, horse riding, the javelin – you name it, I gave it a whirl, working out what I liked, who I was, even though they were generally enthusiasms that would disappear the moment I discovered the next thing I was excited about.

But somewhere along the line I lost my thirst for knowledge and, ironically, looking back, I blame university. I loved uni – for the wine-society parties and the sleeping in late. Studying became a chore, possibly because I chose law, which – with the greatest respect to lawyers – was nowhere near as exciting as *L.A. Law* had led me to believe.

And once I went out into the big, wide world, learning, real learning, that had nothing to do with career development, seemed much too

indulgent. With friends, family and finding a man to fix the dishwasher occupying our spare moments, who's got time to watch *Strictly*, let alone go out and learn the bagpipes?

So when my husband announced he had signed me up to a photography course for my birthday, I had my reservations. My life was already full of extracurricular activities. Okay, I wasn't actually doing any of them, but I was paying for the saxophone, swimming and cricket lessons for my son, and being the taxi service my parents had been decades earlier. How on earth could I give up every Wednesday evening for the next three months just to take pictures?

'Just go,' my husband convinced me. 'You loved life drawing and besides, I don't think I can get a refund.' And he was right. I had so much fun, swanning around like David Bailey, snapping people in Chinatown, neon

in Soho and finally working out how to use my camera. I was hooked and signed up for a whole host of other classes – truffle making, fashion illustration, tea tasting. I took my mum to a macaroon-making evening, made jewellery in Utah and now, thanks to a variety of cookery courses, can whip up Sicilian bread, pad thai and chocolate ganache. Not sure it quite goes together, but it's an icebreaker at dinner parties. And it has reminded me how many exciting things are out there beyond the everyday round of work, home, and collapsing in front of *MasterChef*.

There have been unexpected benefits, too. I have the recipe for the perfect quiche lorraine – not from a cookery course, but from Patrick, my Montpellier-born teacher on the 'Brush up your rusty French' course. Plus, I have new friends to come and try my cooking – a septuagenarian former ballet dancer, a twentysomething comic-bookstore assistant and an Iranian psychotherapist – people I wouldn't normally meet and I'm glad I did.

My favourite experience was a playwriting course at our local theatre. As a novelist, I thought I knew a thing or two about writing. But in a warm-up exercise our teacher told us to 'listen to the silence', words of wisdom not just for the art of being in touch with your creativity and emotions, but for life itself.

The best thing is it's caught on. Come my husband's birthday (partly out of revenge, I admit), I bought him an axe-carving course. Not

only did he come home with a great set of salad servers, he has transformed into some sort of cut-price Bear Grylls, introducing me to the joys of wild camping (even though I wish the great outdoors would have more toilets).

It's easy to slip into routine and do the expected thing, but it's also not that hard to do stuff that surprises the people around you – and, more importantly, yourself. Clubs and courses aren't just for kids. They've brought us closer together as a family and it's definitely keeping me interesting, curious, as a mum, a wife and a woman. And did I mention I can make really impressive choux-pastry swans? Taste awful, but look amazing.  *The Proposal* by Tasmina Perry (Headline Review, £7.99)



'Once I went out into the
BIG WIDE WORLD,
learning, real learning
seemed much too
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From the Hollywood movie star who built her own charity to the foodie guru with plans for the nation's pigs – the brilliant activists on these pages prove anyone can make a difference. So what are you waiting for? »

THOMASINA MIERS THE PIG IDEA

Words PIP McCORMAC Photograph ANDREW MONTGOMERY



‘Tommi’s activism isn’t glamorous but she knows she has right, logic, ecology and wisdom on her side’

Emma Freud

It’s a freezing cold day. *Red*’s crew are bundled up in scarves and coats, counting the seconds until they can retreat inside. Thomasina Miers, however, is clothed like a Mitford sister, flimsy dress whipping around her ankles, grimly holding a metal pail as piglets snuffle by her feet. ‘It’s okay,’ she calls to the photographer. ‘We can do some more shots!’ But it’s not just a strive for celluloid perfection that drives the founder of the Mexican restaurant chain Wahaca – and *Red* Women of the Year winner – to keep going. It’s because she’s here to talk swine: specifically The Pig Idea, a campaign she started in 2013 and has been passionately campaigning for ever since.

The aim is simple: to reverse the EU decision that prevents restaurants feeding waste to pigs. But stop! Don’t glaze over, for this goal has far wider outcomes than just what ends up in a trough. There are ecological issues at stake, including global warming and the destruction of rainforest. ‘Since restaurants across Europe were stopped from sending their waste to pig farms in 2002, the diet of pigs has become mostly soy-based, supplanted with grain grown in the Amazon basin, where trees used to be. And despite there being a global food shortage, a third of what is grown is fed straight to livestock. At the same time, restaurants, hospitals and schools are simply throwing food away – millions of tons that could be given to pigs. In fact, the United Nations estimates that if farmers all over the world fed their livestock on the food we currently waste, along with agricultural by-products, we would liberate enough grain to feed an extra three billion people.’

Hearing Miers talk so succinctly and ardently, it’s hard not to share her exasperation. ‘Why is this even an issue?’ I ask. ‘Surely it’s an obvious solution to a huge problem?’ ‘I know,’ Miers shakes her head, smiling. It hasn’t always been this way – feeding pigs waste was fine until the outbreak of foot-and-mouth, where it was considered one of the causes. ‘But that was never proven; the EU decree was just an overnight reaction without any analysis,’ Miers says. ‘Although, understandably, it terrorised so many, and there is a certain jitteriness about going back.’

She has made some headway, however. Along with a feast in 2013 for 5,000 in Trafalgar Square to raise awareness, she has convinced hundreds of businesses to pledge to reduce food waste – a secondary aim of The Pig Idea – and there have been some supportive noises from Downing Street.

‘It’s not always trendy to have a cause,’ Miers says. ‘People can switch off if you lecture them.’ Which explains her let’s-all-do-this-together approach to The Pig Idea – and her other causes, like fundraising for a local primary school to build an open-air classroom, and Ednica, a charity that supports kids on the streets in Mexico and teaches them about nutrition. Admirable, of course, but where does she find the time and inspiration to keep going? ‘This all started when I was pregnant. I began to think about what life my child would be born into, and that made me want to make a difference,’ she says (she now has two daughters, aged four and two). With that, she heads back to the warm, a dervish with designs on your food recycling box. »

Find out more, and sign the petition, at thepigidea.org



'Never STOP.
We've all got
a VOICE, we
just sometimes
don't know HOW
TO USE IT'

KATHARINE HAMNETT WEARING HER HEART ON HER T-SHIRT

Words NATASHA LUNN Photograph CHRIS FLOYD

Katharine Hamnett has spent her life rocking the boat. She is – like the brazen black and white type on her iconic T-shirt designs – both striking and opinionated. So when she arrives for this photoshoot, I'm expecting her to walk in, bold as brass, and command the room. And she does – but in a quiet way.

The 67-year-old speaks softly and fishes out kirby grips from her hair while entertaining the team with anecdotes about eyebrow-plucking disasters and her fear of public speaking. It's difficult to envisage her storming into Downing Street in an anti-nuclear T-shirt declaring '58% Don't Want Pershing', as she did in 1984 for a London Fashion Week reception hosted by Margaret Thatcher.

'Oh, I was incredibly nervous,' she says today, of that headline-grabbing moment. 'I just thought we could get one photograph to use, I had no idea it was going to go global until I started getting calls from friends in Japan, Miami and Tobago. It was hysterical.'

The moment became fashion legend, catapulting Hamnett to icon status overnight. And today, over 30 years after designing her first slogan T-shirt, she is as fired up as ever, whether campaigning for a ban on herbicides in parks or fervently encouraging people to engage their local MPs. Here, she shares her essential life lessons on activism, politics and never giving up.

'Katharine recognises that the medium of fashion is able to carry powerful, important messages and she uses it'

Caryn Franklin MBE

ALL MY DESIGNS ARE POLITICAL.

It's easy to make money, but the key thing is to be a decent human being. My beliefs inform everything I do. It's about asking, why are you making clothes? And what do you want people to feel when they wear those clothes? You want them to feel fabulous – and be empowered.

IF YOU LOSE MONEY, YOU HAVEN'T LOST ANYTHING

– because if you work hard, you can get it back. If you lose your health, you have lost something, but if you lose your character, you've lost everything.

YOU CAN'T NOT READ A T-SHIRT. Large writing on someone's chest is not rocket science. But designing a T-shirt – a good one – takes longer than a cocktail dress because it's so simple. The proportions are microscopic.

YOU HAVE TO ASK QUESTIONS. Never stop. We've all got a voice, we just sometimes don't know how to use it.

MY MOTIVATION COMES FROM CARING ABOUT PEOPLE. I think I've got an overdeveloped conscience. It's important to put yourself in other people's shoes.

IN THE 1980S, TALKING ABOUT CONDOMS WAS SOMETHING PEOPLE DID IN HUSHED VOICES, and criticising the government was incredibly contentious. Sometimes you may have to suffer for your beliefs.

IT'S REALLY IMPORTANT TO SPEAK OUT AND SAY WHAT YOU FEEL, but you need to bring people with you. If we communicate our feelings, I believe people are 99.9% more effective than any politician could be.

BECOMING A MUM CHANGES YOU. It makes you want to make the world a better place because your kids are living in it. I find young people – my kids are in their thirties now – so refreshing and inspiring. They make you think, 'Just get on with it.'

SOMETIMES I FEEL CERTAIN; OTHER TIMES I LOSE CONFIDENCE. But I always try to make sure if I'm speaking about something, I know what I'm talking about. I look things up, check facts, ask questions.

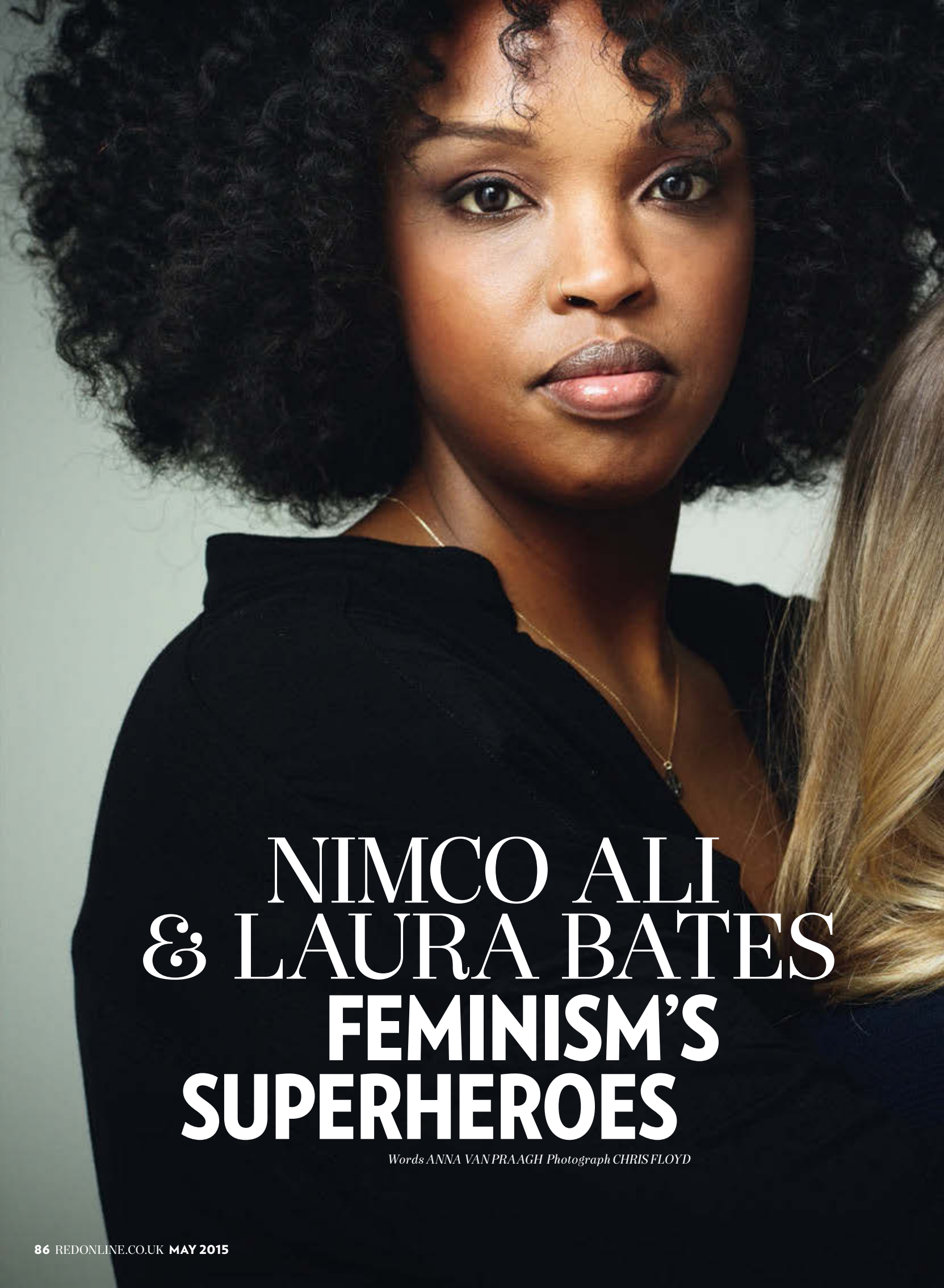
I DON'T TALK ABOUT WORK AFTER 5.30PM. It's a genius idea. If you don't want to do the schmoozing in the evenings, you've got to be better at your day job. In theory, you've got to be brilliant enough that people come to you.

ALWAYS GRAB A PHOTO OPPORTUNITY IF THERE'S ONE KICKING AROUND. If you've got a chance to say something, don't be an idiot, because not speaking out is the thing you'll regret the most.

WHAT WOULD I PUT ON A T-SHIRT IF I WAS WALKING INTO DOWNING STREET TODAY?

'79% DON'T WANT FRACKING.' »

katharinehamnett.com; Hamnett T-shirts are available at Topshop, Asos and Urban Outfitters

A close-up portrait of a Black woman with voluminous, dark, curly hair. She is looking directly at the camera with a calm, steady gaze. She has a small nose ring and is wearing a black top and a thin gold necklace. The background is a plain, light grey.

NIMCO ALI & LAURA BATES FEMINISM'S SUPERHEROES

Words ANNA VANPRAAGH Photograph CHRIS FLOYD



Styling Alice Burnfield. Nimco wears: Top Sparkle & Fade at Urban Outfitters. Jewellery, her own. Laura wears: Jumper, Jigsaw. Hair and make-up Lindsey Poole and Rachel Jones at Terri Manduca

'Nimco and Laura's are the first palpably successful online feminist campaigns, and I'd lay money on each one inspiring 10 more in their wake, who in turn will inspire 10 more'

Caitlin Moran

Chances are, *Red Women* of the Year winners Nimco Ali and Laura Bates are no strangers to you. The pair, who founded anti-FGM group Daughters of Eve and the Everyday Sexism Project respectively, are rarely out of the headlines – whether it's Bates, 28, campaigning alongside the British Transport Police (resulting in a 35% rise in reporting of sexual offences) or 32-year-old Ali's constant fight to bring FGM to an end in the UK (this February, the government approved a raft of new measures aiming to do just that).

But what might come as a surprise is the friendship this formidable duo has built up over the past three years. They both credit the emotional support they receive from each other in helping to make their impressive achievements possible.

We got the busy twosome together to discuss bravery, friendship, and what happens next...

NA: How long have we known each other now?

LB: Since 2012. We met filming that video for Beyoncé's campaign for global gender equality, Chime for Change.

NA: We got on immediately because we were doing the same thing. We had both shared our personal stories to get our messages out there.

LB: It feels really weird when we say we've only known each other for such a short time because it feels like we've been friends...

NA: ...forever. When you've shared as much as we have, you don't need to explain anything. I can just roll my eyes and you understand. I'm campaigning against FGM, but so are you, indirectly. I know people would look at us in the street and think, 'What have they got in common?', but it's feminism and sisterhood.

LB: You push me to be braver. And we've both had so much abuse for our campaigns – how do you cope with it?

NA: Actually, sometimes it's the verbal abuse and the way people want to silence you that's the most painful thing about FGM. An acquaintance told my family he'd kill me for £500, I had someone try and hit me with their car...

LB: And it's the relentlessness of it. I get up to 200 abusive emails a day – people telling me how they will track me down and what 12 weapons they will use on me, in which order... all because they don't like what I'm saying about gender equality. If I didn't have the support of people like you and my husband I wouldn't be able to carry on.

NA: I get a lot of rubbish from people in public, but often in private they will thank me for what I'm doing.

LB: But this year's already been so exciting. What are your highlights?

NA: Being on the Zero Tolerance to FGM panel with so many government ministers in February, and hearing them agree with everything we've been campaigning for about preventing FGM. My seven-year-old self was sitting there thinking, my work is done!

LB: Mine has been speaking at the UN about women's rights and travelling to Mexico and Colombia to talk to local women's rights activists about setting up new branches of Everyday Sexism.

NA: It's the high-profile stuff, of course, but also continuing to reconnect with my family. After I first spoke out about FGM I fell out with my family for three years. Recently, my mother and I have reconnected and, best of all, I finally feel she understands it's not just me endlessly talking about my genitals... (They laugh.)

LB: I agree. The moments I feel most successful are when I get an email from a woman saying, 'Today I reported a sexual assault to the police and if it wasn't for your campaign I wouldn't have done it.' » equalitynow.org; everydaysexism.com



Kate Nash, centre, photographed in LA with a few members of her Girl Gang

KATE NASH & HER GIRL GANG

Words KATE NASH Photograph ELIZABETH WEINBERG

I recently stayed up for 36 hours straight, thinking. I couldn't sleep. I came to this realisation that I hadn't had a political opinion for a long time. I live in LA without my mum or my friend singer Sam Duckworth – my two main sources of politics and news. Without them I've grown lazy. I'd rather look at pretty pictures of cool stuff than read about Gaza and I can't finish a book because I'm used to information in 140 characters. This is not the kind of grown-up I want to be. I want to be informed and I want to incite change and fight injustice. I can't do that if my area of expertise is cute YouTube videos or cool girls on Instagram.

So I started to use the internet to inform myself better. I read up on Iraq, on ISIS, Israel and Palestine. I know this stuff seems totally overwhelming, but this is why it's totally important. My next thought process was: what can I do about this stuff? And: I don't want to do it alone, I need a group of passionate people who want to talk about serious shit the same way I do – I need a girl gang.

So I held a meeting in my garage one night and invited a bunch of cool girls. We went around the room introducing ourselves, then discussed some issues that matter to us. It started very simply and very small – just girls talking, helping each other out, becoming a real community. It wasn't the same as sitting online and debating whether Miley Cyrus is a good or bad example for young girls, or whether personal grooming is a political choice. I feel very lucky that I wake up every morning and don't have to shave my toes, but I can if I want to. Yay for me! Thank you, feminism, genuinely. But I feel unhappy that still so many girls are afraid of having a voice, they are encouraged to be silenced. You can still be fired for not sleeping with your boss, women still get

paid less than men, we still look down on older women that don't want to have kids, women are still being body-shamed in media, and beaten up in their homes – yet they think it's somehow their fault for provoking an attack. What can we do to change any of this?

I feel like it's our responsibility together to make more noise. Our generation has sat back until now. That needs to change. Since the first meeting held in my garage my 'Girl Gang' has evolved. I got a huge response from fans online via social media after my first blog post about it, but seeing as I can't host everyone in my garage I decided the most efficient way of inviting everyone along was via YouTube.

'Kate is an inspiration. From the relationship she has with her mum and sisters to introducing me to the sounds of Regina Spektor, she is a girl force, and the launch of her Girl Gang is perfect. I want to be in her gang'

Gemma Cairney

I started a channel called Girl Gang TV. I'm hoping it will act as a sort of 'school of life' and by working together we can actually educate and create change. So far Girl Gang has put on two shows in LA, had a launch party in the UK and I'm currently working on setting up an NY branch.

How can you be part of this? Host your own Girl Gang meeting. Ask any woman, feminist guy, non-binary individual you think is cool, to come.

Be inclusive, create a safe environment and be vulnerable with each other. Exchange emails and discuss what you do, what you need help doing and anything you feel passionately about – injustices, prejudices and things you want to change. We need to share information, to inform each other. And please, I urge you, have a political opinion. Girl Gang is not just a slogan, it's not just a meeting or a conversation and it's not just something that happens to look really cool painted on to the back of a jacket. It's a way of life. So welcome to Girl Gang and welcome to your new life. » girlgang.tv



JUMP INTO A NEW WORLD OF LUXURY...

VERY EXCLUSIVE.CO.UK

JAMIE BYNG

THE BOOK CRUSADER

Words NATASHA LUNN Photograph CHRIS FLOYD

‘One million copies. 40 titles. 10,000 givers.’ That was the text message (sent on a ‘crunching hangover’) that jump-started World Book Night, the biggest-ever giveaway of free books, four years ago.

The sender? A curly-haired literary big-hitter called Jamie Byng. Through a cloud of Camel Light smoke, on the doorstep of Canongate Books (the publishing company he bought in his mid-twenties), Byng, 45, tells me the idea was sown when Margaret ‘Peggy’ Atwood gave him *The Gift*, a ‘truly transformative book about giving’.

‘It made me think, what would happen if we put a million books into a million people’s hands on one night? I always give books away; I have my whole life,’ he explains. And he’s not exaggerating – he gives out 50 books a week on average (something I can verify as I later leave laden with literature) and has handed out free copies on London’s street corners every year since World Book Night began.

‘The thing about books is they’re dormant until someone starts reading them,’ he explains. His buccaneering attitude is infectious, and throughout our conversation he jumps up to pull out books with Willy Wonka-esque enthusiasm. ‘You have to see this one!’ he exclaims; then, ‘Just flick this one open and see what’s inside...’ He is, in short, magnetic. And I’m clearly not the only one who is susceptible to his charm – Byng has published titans like Barack Obama and Julian Assange, persuaded everyone from the Dalai Lama to Bob Dylan to write book intros, and convinced Benedict Cumberbatch to read at his *Letters Live* event last year.

When I ask his friend, *Sherlock* actress and *Red* contributor Louise Brealey, for her opinion of Byng, she

‘Jamie is a force of nature. He makes things happen. But it’s never about ego; it’s about books and their power to change us. I love being around him.’

Louise Brealey

replies, ‘Jamie is a force of nature. He makes things happen. But it’s never about ego; it’s about books and their power to change us. I love being around him. I feel things are possible.’

In fact, *anything* seems possible when Byng gives it his full attention. Rallying an army of 20,000 book givers cannot have been easy: ‘Logistically it was a nightmare,’ he admits. But Byng has big ambitions. ‘I’ve always been evangelical in my belief that books can change the way you see yourself, the world and everything in it. So much insanity comes from misunderstanding others, and empathy is one of the greatest gifts that books offer.’

The highest-profile person to receive a book from Byng? Perhaps it’s Barack Obama. ‘I never had a response from him, but that’s not why I give books to people,’ he reveals. ‘The real reason to do it is because you think a person might open up a story and be completely blown away. If you believe in a book, the most powerful thing you can do is to put it into someone’s hand.’ Then, with a glint in his eye, he adds, ‘I actually gave the Queen a book about cocaine smuggling once, too, but that’s another story.’ >> *World Book Night is on April 23rd; worldbooknight.org*

ROONEY MARA THE PEOPLE'S CHAMPION

Words ALICE PANTONY

She's the seemingly fragile, haunting Emily in *Side Effects*, the brilliantly whip-smart Erica from *The Social Network*, and the hard-edged heroine of *The Girl With The Dragon Tattoo*, but perhaps Rooney Mara's most significant role to date is that of long-standing humanitarian activist, who's working to change the lives of families across Africa.

'In the last two years, I've travelled to South Sudan three times,' Mara reveals. 'Each trip has varied greatly from the last. One thing that hasn't wavered is the undying spirit and optimism of the people of the world's youngest nation.'

She's now an Oxfam ambassador, but the 29-year-old started her philanthropy long before she found fame in Hollywood. Almost a decade ago she volunteered in the Kibera slum in Nairobi, Kenya, founding her own charity, Faces of Kibera, a year later. The charity provided humanitarian support to the orphans of Kibera and is now merged with the Uweza Aid Foundation, of which the Oscar-nominated actress is president. And she did all this while studying at New York University – a year before her feature-film debut.

Mara's most recent visit with Oxfam was to the small town of Mingkaman on the Nile River, and she talks of the boundless devastation of conflict in South Sudan she witnessed there. 'We met people who have been forced to flee their homes, leaving behind their possessions,

'The characters Rooney met in South Sudan, the women and girls who touched her heart, need our help and attention.'

Without Rooney's involvement, these human stories are in danger of being unheard'

Jane Cocking, Oxfam's humanitarian director

their jobs, and, in many cases, their families,' she says. 'For much of South Sudan's history, a 15-year-old girl had a higher chance of dying in childbirth than graduating from high school. With a great deal of investment and hard work, particularly since independence, this statistic was beginning to change for the better. But the recent fighting threatens to erase that fragile progress. I met this young girl who was living at one of the cattle camps we went to visit in Mingkaman,' Mara recalls, 'and she wanted to try on my hat. I hope she will be able to beat the odds that are stacked against her.' »
To find out more and donate to Oxfam's Strength to Survive appeal, visit oxfam.org.uk/appeal or text APPEAL to 70066 to give £5

JOHN FRIEDA.
LONDON PARIS NEW YORK

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PHOEBE DAHL

THE FASHION PHILANTHROPIST

Words NATASHA LUNN



Phoebe Dahl wears her ethical linen label Faircloth & Supply visiting girls in Nepal

The Dahl dynasty might be best known for storyteller Roald Dahl and his granddaughter – and former *Red* cover star – Sophie, but now 26-year-old Phoebe, another of Roald's granddaughters, is jostling for our attention.

Eighteen months ago, Dahl, an LA-based fashion designer, started Faircloth & Supply, an ethical linen label that gives young girls in Nepal the building blocks they need for an education. For every item sold, Faircloth provides a girl with a school uniform, a year's scholarship and the chance to shape her future.

Dahl admits it was her family that inspired her. 'I've always been interested in women's rights and girls' education – those things have been ingrained in me since childhood because my family is full of strong women,' she says.

Ethical fashion often conjures up thoughts of itchy, off-white T-shirts and shapeless sack dresses, but Dahl's designs are definitely more hip than hemp. Her crisp linen dungarees and indigo-blue dresses, which start at around £100, have a Muji-meets-Cos nonchalance and make great summer-wardrobe staples.

And while there's no doubt Dahl's first love is designing, it's clear she's also found a sense of purpose from helping these girls. 'They told me wearing a uniform makes them feel safe,' she explains, 'because traffickers don't approach girls who look like they have a good future set up for them.'

I ask her how she felt listening to these young women share experiences so different from her own. 'They astonished me,' she says. 'You come home from a trip like that and hear someone complaining about homework or laundry and it just seems so silly. Sometimes, when you're so far away, you become wrapped up in your life and forget everything else. That's why I like going back to Nepal – it reminds me why I'm doing this.'

Dahl admits she feels emotional when the girls tell her, 'This dress has given me an identity' or 'I never imagined

that one day I could wear a school uniform.' And that's the power of Faircloth & Supply – not just the uniform, but the golden ticket of hope that comes with it. >> fairclothsupply.com

'Phoebe has created a brand and initiative that is surely the way forward. You buy gorgeous clothes and open a door for a young girl in Nepal in a proactive, thoughtful way'
Sophie Dahl

JOHN FRIEDA.

LONDON PARIS NEW YORK

me&john



Together, we can go big and stay big.

This in-shower, semi-permanent treatment by John Frieda, rebuilds fine hair with thickness and strength, giving hair new life that lasts through multiple washes.

Me & John & 7 Day Luxurious Volume. Together we can.



MELINDA GATES

THE BILLIONAIRE WHISPERER

Words SARAH TOMCZAK

Behind every successful man, so the saying goes, there is a woman. In the case of Melinda Gates, that woman is a powerhouse. Wife of Microsoft founder (and multibillionaire) Bill Gates, the 50-year-old is also the co-founder of the Bill and Melinda Gates Foundation, the world's largest private charitable foundation. As well as donating a significant portion of their own wealth, the Gateses have also managed to convince 127 of the world's richest people to give away over half of their fortunes, too. No wonder the Gates Foundation has been able to contribute \$43.5 billion to date to help, among other things, eradicate polio, stamp out malaria and fight Ebola.

Here, the esteemed Mrs Gates shares her own career highlights and reveals why money isn't the most important way to make a difference.

THE THING I'M MOST PROUD OF...

For a long time, family planning wasn't on the global health agenda, for various reasons – it was a political hot potato, family-planning programmes had been done poorly in some countries – and it was just easier for people not to deal with it. But, with the governments of dozens of countries, we spearheaded the London Summit on Family Planning in 2012, and since then, billions of dollars have been pouring in to help women all over the world get the education and the tools they need to plan for their families.

'Melinda has a strong focus on what will make a real difference to women's health and is not afraid to address the difficult issues'

Sarah Brown

MY OWN PERSONAL PINCH-MYSELF MOMENT...

Fairly early on in the days of the foundation, we went to South Africa, and all of a sudden one afternoon I was having tea with Nelson Mandela in his house. He was among the most gracious, genuine people I've ever met. All I could think was, I learned about Mandela's heroism in school, and somehow I am here, sitting next to one of the greatest men who has ever lived, drinking tea.

IF YOU HAVE LIMITED FUNDS, BUT YOU HAVE TIME...

Never discount the difference you can make in other people's lives. If you tutor at a local high school, you matter, hugely, to another person, and you are part of making the world a better place. Nobody has the funds to make a big difference on their own, not even our foundation, but what each of us can do is

help others care. Keep the important issues on the tip of your tongue, make them part of your dinner conversation. If we all make fighting poverty a priority, governments and businesses will respond. In that way, you can change the world.

IF I COULD TEACH EVERY WOMAN ONE THING...

It's that her voice matters and she has a right to ask for what she wants. This goes for all of us. Women in developing countries, girls in my hometown – everybody. >> gatesfoundation.org

JOHN FRIEDA.

LONDON PARIS NEW YORK

me & john

Together, we can work miracles.

Miraculous Recovery, an intensive, hair-transforming deep conditioner by John Frieda, gives hair a second chance. Strand by strand, hair is nourished, comes back to life, smooth and beautiful.

Me & John & Miraculous Recovery. Together we can.



CRAFTIVIST COLLECTIVE THE GENTLE ACTIVISTS

Words ALICE PANTONY

We're in a small, not-for-profit social-enterprise coffee shop on a quiet east London street. Second-hand books and local art line the walls – and swatches of fabric, cross-stitched with motivational messages, are scattered across the table. It's clear this is a whole new approach to activism.

'I set up Craftivist Collective back in 2009,' artist Sarah Corbett explains. 'I started cross-stitch as a hobby and realised it always made me feel less anxious and more mindful. I was a burnt-out activist; quick, angry, aggressive campaigns and marches weren't for me and they didn't seem to be making a difference.'

So she turned to 'craftivism': activism through craft. Not two words you commonly hear together. But the Craftivist Collective encourages individuals and organisations to take part in 'slow, gentle activism' by creating craftworks. These can be used for anything from personal reflection to high-profile political projects.

'We try and do one specific campaign a year,' Corbett explains, as she unravels tiny bunting, the word 'solidarity' spelled out across the triangles, handcrafted by six-year-olds from around the UK. 'In 2013, we took part in The Jigsaw Project to support Save The Children. Some 700 crafters stitched jigsaw pieces with inspiring quotes and thoughts, all used to make one installation in Manchester [pictured], and helped the project reach millions via social media,' she says. 'I used to ask people to sign a petition, and it was quick and empty. With Craftivist, it's more holistic; it's about planting those seeds, provoking thoughts and encouraging activism.'

Corbett's low-key brand of activism has found followers in such far-flung places as Thailand and Australia – and this year they plan to support The Climate Coalition's For The Love Of campaign, sewing quotes and statistics on to green fabric hearts. 'Our global craftivists want to show world leaders we want climate change to be tackled seriously and effectively, top down as well as grassroots up,' says Corbett. 'If we want the world to stay gorgeous, we need to look after it.' When craft speaks quietly, the world listens. craftivist-collective.com



Artist Sarah Corbett
founded Craftivist
Collective in 2009

'Some of the most
engaging, pioneering art
is, at its root, comment
on the world around it.

Craftivist Collective
carries on this tradition
with passion and flair'

Laura Lees, The Mighty Stitch

Find out how you can
get involved in all
these initiatives at
REDONLINE.CO.UK

Our 1st luxurious oil-infused lotion.
Intense hydration, more beautiful skin.

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Oil Beauty

OIL-INFUSED LOTION

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Shea
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Introducing Oil Beauty; a lightweight moisturising lotion enriched with 4 luxurious oils. Skin is visibly transformed from the 1st application for softer, smoother and more radiant looking skin with a non-greasy touch.

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*Consumer test: 51 women.

GARNIER

The power of CONFIDENCE

Skincare experts Lancôme have discovered that “Confidence” is the #1 thing British women want from their skincare. It’s got us thinking

Confidence – it’s a state of mind. And, according to skin experts Lancôme, the single most important thing that women want from their skincare. Be it dryness, blemishes or wrinkles that concern us, the one thing we all look for is an easy sense of positivity and self-confidence – which, in turn, makes us our most beautiful. It made us think about the power of confidence, so we asked four successful British women: What gives them the guts to do what they do? And what advice would they give on feeling confident?

Hear their full stories at Redonline.co.uk/Lancome

MARISSA HERMER

33, co-founder of Top Dog, Boujis and restaurant chain Bumpkin, with outlets in London, Europe and Asia

Signing the lease of my first restaurant, Top Dog, putting my name to it, was petrifying. But you just tell yourself to get on with it, then spend every day ensuring that it was a good decision. If I ever feel doubtful in the decisions I’m making, I put myself in the customers’ shoes and think, ‘Would I enjoy this?’ Then I remember that I am the toughest customer – so if I like it, they should like it too! I’m running around all day, from the playground to the boardroom to the restaurant, so in terms of looking my best, I rely on a hydrating serum and drinking lots of water.

Marissa loves to pair *Advanced Génifique* serum with *Absolue Precious Cells* day cream – the gold standard of anti-ageing cream



ELEANOR MATSUURA

32, actress, best known for roles in Channel 4’s Utopia and the 2013 Alan Partridge film. She stars in the hotly anticipated Spooks film, The Greater Good, out this month

Confidence as an actress is about being well prepared – learning everything well in advance. And, most importantly, keeping your sense of humour. If I’m in a situation where I don’t know what to do, I often think of someone who inspires me, like Dame Helen Mirren,

and think to myself, ‘What would she do?’ We need to stop the idea that women are in competition with each other. I surround myself with a tribe of women (and men!) who support each other and celebrate each other’s successes. Eleanor relies on *Advanced Génifique* serum with *Hydra Zen* day cream – ultra-hydrating and soothing – before she goes on set



JESSICA HUIE, MBE

35, founder of Color blind cards, a multi-racial greetings card company, and Jessica Huie Public Relations

I started my working life as a young mum at 17, with very little self-confidence or self-worth. I was faced with the choice of accepting mediocrity or giving myself and my daughter the life we deserved. You face self-doubt every time you step out of your comfort zone, but to make it as an entrepreneur you need three things: resilience –

an ability to pick yourself up and start again when things get difficult; vision – knowing where you want to get to; and purpose – knowing why you want to achieve it. My beauty secret? Get enough sleep. Good skincare. Exercise. Self-preservation! That's when I feel my most beautiful and strong.

Jessica teams Advanced Génifique serum with Visionnaire cream to keep wrinkles at bay and her skin soft and smooth



CARRY SOMERS

49, founded Fashion Revolution to highlight the need for a more open fashion industry, improving conditions throughout the supply chain. Today, 66 countries have joined the movement

For me, confidence takes practice. I feel my best if I know I am well rehearsed for any situation. I'd never have dreamt that I'd be someone who felt at home talking to a packed auditorium of thousands of people. My success has plunged me into the spotlight, but also grown my confidence. Fear is a necessary stage we have to pass through, in order to stretch ourselves and grow. I've found, with experience, that confidence and conviction are just as important as talent.

Carry is a fan of Advanced Génifique serum plus Rénergie Multi-Lift cream, to lift her skin and keep it feeling firm



WANT TO HEAR MORE?

Visit Redonline.co.uk/Lancome to watch the full interviews with these brilliant, inspiring women. You'll hear their stories of confidence, doubt and success, and learn their personal tips for feeling your best – no matter what comes your way.



As part of its Skin Confidence drive, Lancôme is giving away free Advanced Génifique serum samples nationwide. Visit your nearest Lancôme counter to claim yours while stocks last – get there quick to avoid missing out!

A woman with curly blonde hair, Stephanie Theobald, stands in a lush garden. She is wearing a light-colored button-down shirt and denim shorts. The background is filled with various green plants and trees. The text is overlaid on the image.

*Stephanie Theobald,
beauty refusenik*

**ONE BARELY
WEARS IT.
THE OTHER'S A
MAKE-UP JUNKIE.
WE MADE THEM
SWAP...**



EXPERIMENT

#MakeoverMay

Jessica Diner,
beauty pro

Beauty aficionado Jessica Diner had to exchange her 26-product regime for writer Stephanie Theobald's bottle of almond oil and tub of medicinal face cream – and vice versa. Here follows their two-week beauty-swap diaries »

Photographs EVA K SALVI
and MELISSA VALLADARES

THE BEAUTY REFUSENIK

Stephanie Theobald, 48, writer, from LA, where she's researching her latest novel

DAY 1 Maybe it wasn't ideal to begin Jess' complex regime with a hangover. I can't be bothered to read the labels on the huge variety of foundations I've been sent, so I slather them all on in an attempt to cover up my post-Friday-night-out skin. I resemble a sticky ghost. I remove the foundation with Kiehl's Calendula Deep Cleansing Foaming Face Wash. Normally, if I get round to it, I clean my face with my trusty aqueous cream. It's cheap, unperfumed and really refreshing. I use it as a soap *and* a moisturiser. I decide to ease my headache by putting on the REN Glycolactic Radiance Renewal Mask. It smells and feels like liquid chewing gum. It's quite pleasant, actually. I fall asleep and wake up with yellow gunk all over my pillow.

DAY 2 Nail-painting day. I was right to be nervous. Bitten nails with OPI's Malaga Wine varnish all over them look really bad.

DAY 3 Rereading Jess' notes, I realise she washes her hair every day! I wash mine once a week. As the days go past, my curly hair gets bigger and bigger, and I like the volume. I apply the leave-in Kérastase Nutritive treatment: it makes my hair go 'small'.

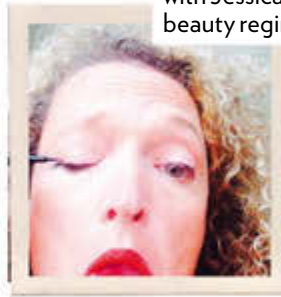
DAY 4 I'm really missing my Giorgio Armani Maestro foundation – it feels silky and looks like I'm wearing no make-up. Jess' foundation seems much lighter, so it doesn't mask the red veins in my cheeks unless I apply a lot. My friend's seven-year-old daughter asks me, 'Why have you got stuff on your face?' Maybe I'm not doing it right. I dust on some powder and walk around feeling like a cross between a toffee apple and an old granny.

DAY 5 Wearing someone else's make-up feels weird. Like wearing shoes that aren't yours. And exhaustion is setting in. I have to get up half an hour earlier to make time for Jess' beauty regime. Something odd is happening with the eyeliner and the mascara, too. I normally only wear it for a special night out. But now, when I look at my face, my eyes seem invisible until I put on all the black stuff. Oh no, am I becoming a make-up addict?

DAY 6 Wearing MAC's Russian Red Lipstick in the day is not working for me. I feel conspicuous and it keeps coming



Stephanie gets to grips with Jessica's 26-product beauty regime



Jessica's beauty bag

- **Liz Earle** Hot Cloth Cleanser
 - **Estée Lauder** Advanced Night Repair
 - **Kiehl's** Skin Rescuer
 - **Elemis** Marine Cream
 - **Benefit** Erase Paste
 - **Estée Lauder** CC Creme
 - **MAC** Mineralize Skinfinish
 - **Nars** Blush
 - **Benefit** Bronzer
 - **Benefit** Roller Lash
 - **Cynthia Rowley** Eyeliner
 - **MAC** Lipstick
 - **Redken** Quick Tease 15
 - **Kérastase** Nutritive Nectar Thermique
 - **OPI** Nail Lacquer
 - **MAC** Fluidline
 - **Benefit** Benetint
 - **Kiehl's** Face Wash
 - **Clinique** Cleansing Brush
 - **Bioderma** Micelle Solution
 - **Sisley Paris** Supremia Yeux
 - **Dr Jackson's** Face Oil
 - **Sisley Paris** Night Cream
 - **Lanolips** 101 Ointment
 - **REN** Glycolactic Mask
 - **Beauty Protector** Treatment Mask
- Find Jessica's full list of products at Redonline.co.uk

off. Either that or my chin and cheeks get smeared with the stuff. My gay friend rolls his eyes and tells me, 'Lipstick, blot, powder. Do that three times and you can snog the rugby team and it'll stay on.'

I take his advice but the lipstick still comes off when I eat. Still, there are pluses to this make-up lark. I find myself getting

much better service in shops, although I'm convinced I look older.

DAY 7 I keep forgetting not to rub my eyes; my friends joke that I might want to go to the ladies room to 'freshen up'.

DAY 8 Horrors! There's a spot above my mouth. I'm convinced I'm

going to get Beauty Editor Syndrome. A lot of beauty editors I know have terrible skin because they're always trying new products.

DAY 9 I'm gagging for my aqueous cream. The Kiehl's Skin Rescuer is a bit like it, in that it doesn't leave your skin feeling drier shortly after you've put it on, as so many moisturisers do. But I'm used to using huge amounts of aqueous cream every hour or so, from the £4 industrial-sized pots you get at Boots. While I'd love to develop a Kiehl's habit, my own one is definitely cheaper.

DAY 10 Some light in the dark. I discover a product of Jess' called Benetint. It's a crimson lip stain applied with a brush, and it's not as heavy as lipstick. The bottle promises it will endure 'even the thralls of passion'. It does.

DAY 11 I keep noticing the Malaga Wine varnish on my chewed-up nails. I start thinking I really should make an effort to stop biting them. The colour is quite foxy.

DAY 12 My hair feels great, thanks to its daily dose of Kérastase. Also, the Beauty Protector mask rocks. I get a half head of blonde streaks every six months but I'm lazy about upkeep and my hair gets very dry. A weekly hair mask is definitely going to become part of my routine when this mad experiment ends.

DAY 13 I'm getting into the night-time make-up-removal ritual. Jess uses the electric Clinique Sonic Cleansing Brush and there's something soothing about it...

DAY 14 Only one more day of being 'dolloed up'. I will look after my hair more now, and possibly wear the Benetint lip stain, but I'm

happy to be an observer of life, and all that make-up made me stand out too much. I think being au naturel is good for your confidence, although it was interesting to learn that if you can get people's respect au naturel and then put on a load of make-up, it's like a double whammy of power. >>

READ MY LIPS:
FULLER
DOESN'T MEAN
LOOKING FAKE!

HANNAH, 35 #THISISME

Millions of women use facial fillers to ease away fine lines and wrinkles and restore fullness for natural-looking results.

If you've been wondering about facial fillers, why not arrange a hassle-free consultation with an expert practitioner? You'll be able to chat about how facial fillers can freshen and revitalise your look.

To find out if facial fillers are right for you, book yourself in for a chat or read Hannah's story: this-is-me.com

Juvéderm

THE BEAUTY PRO

Jessica Diner, 31, beauty editor and editorial director at Birchbox UK, from her desk at the company's London HQ

DAY 1 The brief has come in. I am to do a beauty swap for two weeks – totally relinquishing my regime and submitting myself to someone else's. This will be the first time in almost a decade that I won't electively be trialling products, but rather reviewing someone else's. Here goes...

DAY 2 Stephanie's regime involves just seven products (eek!): Armani foundation and mascara (excellent), MAC Lipstick in Lady Danger (know and love), Tom Ford Noir (jackpot!), Moroccan oil shampoo and conditioner (divine), and aqueous cream to cleanse and moisturise (what?). Cue a quick Google because, while I've amassed information over the years about powerful serums, potent anti-agers and precious ingredients, aqueous cream had all but escaped my attention. I make my list for Stephanie – it's 26 products long. Slightly mortified, I hit send on the email.

DAY 4 I am in Boots. I can't find this eminent aqueous cream. It's not with the moisturisers, it's not near the E45 cream, and it's not in the baby section either. Confused, I ask for help. Oh, it's in the 'medicinal creams and eczema' section, along with many other, decidedly unalluring, white-label tubs. I find myself mentally commiserating that Stephanie is deprived of a luxe beauty-shopping environment, but – reality check – maybe it's not that important? I buy my 500g tub (it seems they don't sell this stuff in small quantities) and away I go. The cream smells like Play-Doh, quite synthetic for something targeted at sensitive skin, but actually it removes make-up rather well. I moisturise with it, too, and have a spritz of Tom Ford Noir to compensate for the lack of my usual aromatic facial oil.

DAY 5 I'm getting ready for work: a dab of foundation and a bit of mascara. That's it. Without my usual 'face' on (CC cream, blusher, bronzer, liner, mascara, brow gel et al), I weirdly don't feel I look like me. I look unwell. I look awful. Surely everyone will notice? Everyone will think something is wrong with me. But no one bats an eyelid (or if they do, they're too kind to say).

DAY 6 I keep catching sight of myself and double-taking. I'm realising that my perceived image of 'myself' isn't actually true, because I don't feel like 'me' without make-up. Not sure how I feel about that...

DAY 7 AM: A record three minutes spent on make-up this morning. This is actually rather liberating. PM: I notice the side of the aqueous cream tub for the first time. It says: 'How to use this medicine', before listing a string of possible side effects. I'm not sure how I feel about my face cream coming with a warning (and will I ever get used to the smell?). Keep calm and carry on.

DAY 8 I'm not ashamed to admit I own 40 perfumes, and to be monogamous with just one is proving hard. Stephanie mixes natural almond oil in with her Tom Ford. It's a little messy, but I'm surprised how much the scent is totally up my street. After a week of wearing it, though, I'm itching to switch it up. I swear my perfumes are winking at me.

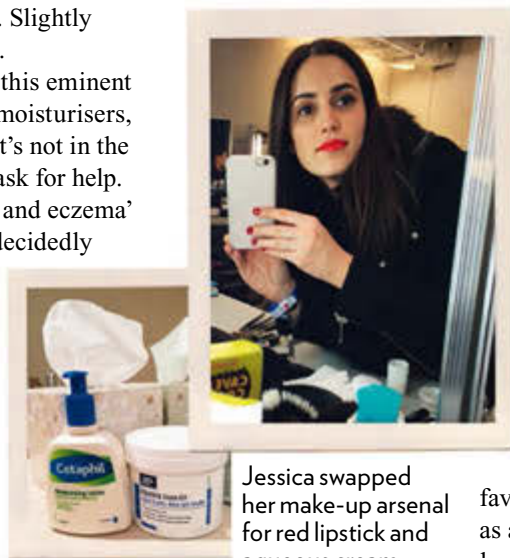
DAY 9 It's London Fashion Week. I mean, the timing of this experiment couldn't have been any worse. I am backstage with the world's greatest make-up artists and I am barely wearing a drop. I find myself praising the 'no-make-up make-up' look emerging from the catwalks. I'm on trend now, right?

DAY 11 I pull out the big guns and swipe on Stephanie's for-evening-use-only Lady Danger MAC Lipstick (pictured, left, backstage at Mary Katrantzou). It's 8am. It's unusual for me to wear such a bold colour, but the compliments start to come my way, despite the fact I am wearing next to no other make-up.

DAY 12 Oh dear. I've had a little reaction to the aqueous cream (very unusual for me, I rarely react to anything). My eyes are swollen, flaky and itchy. I reach for something already in my bathroom cabinet: Cetaphil, an emollient cream that is a backstage

favourite and sits in the same family as aqueous. I know it's technically breaking the rules, but needs must.

DAY 14 Our beauty swap is coming to an end, and while there's no denying the liberation in the simplicity of Stephanie's regime, it's just not for me. If this experience has taught me anything, it is that I'm quite happy to accept I'm more high-maintenance than most (even if it's only to make me look like an enhanced version of myself). There is nothing wrong with wanting to feel good, I tell myself as I apply my favourite Benefit mascara with gusto. There, that's better. The bottom line is that I like my beauty products – I like the ritual, I like the scents, and I like the idea of doing something for myself, little and often (however frivolous it might seem). What would I change? Absolutely not a thing (but I will continue to wear Tom Ford Noir – an illustrious addition to the collection). ■

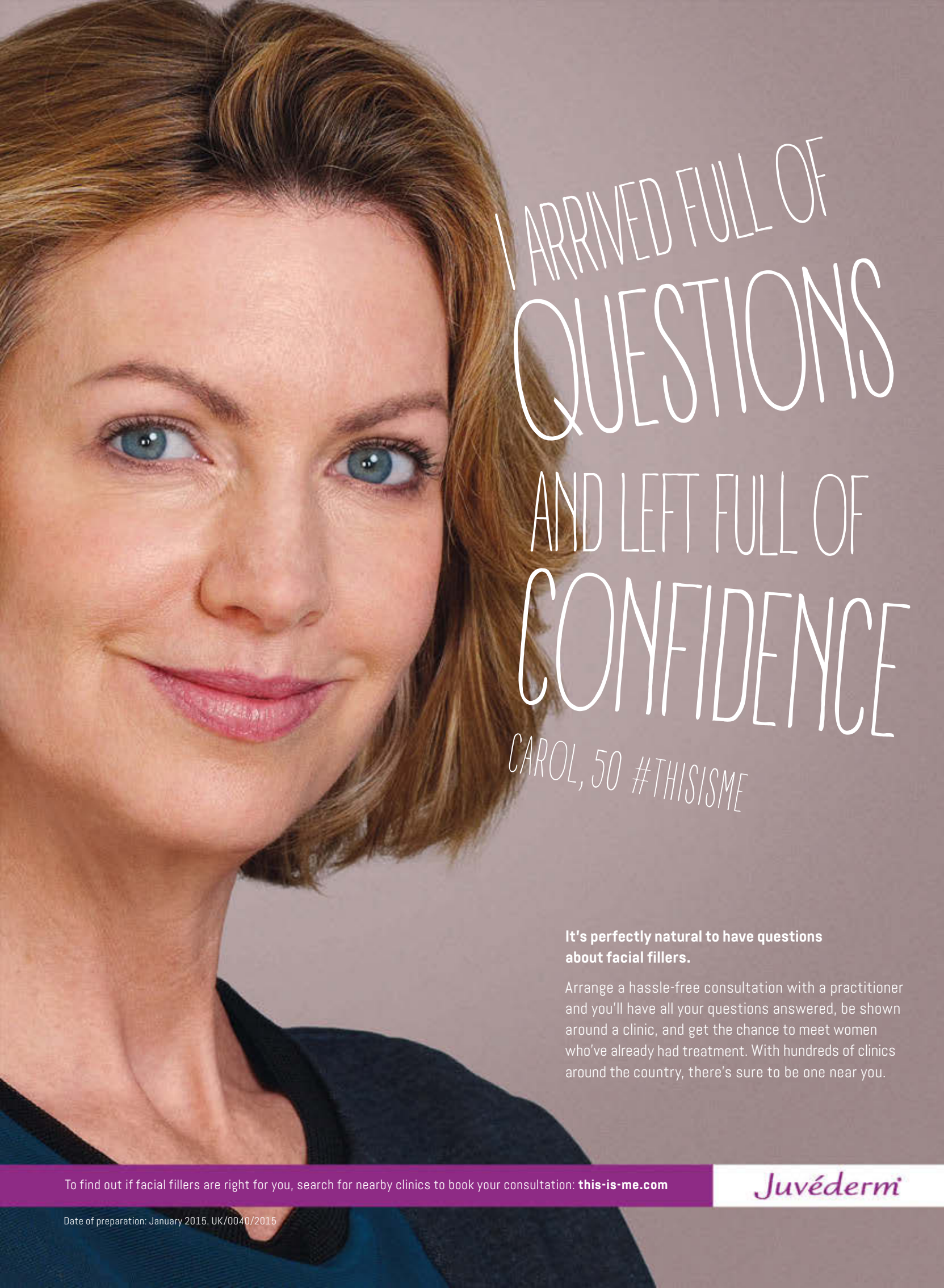


Jessica swapped her make-up arsenal for red lipstick and aqueous cream

Stephanie's beauty bag

- Giorgio Armani Maestro Foundation
 - Giorgio Armani Mascara
 - MAC Lipstick
 - Tom Ford Noir EDP
 - Moroccan oil Shampoo
 - Moroccan oil Conditioner
 - Boots Aqueous Cream
- Find Stephanie's full list of products at Redonline.co.uk

A month on, have Stephanie and Jessica adopted anything from each other's regimes? Find out at REDONLINE.CO.UK



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Matthew Macfadyen
photographed for *Red*
in south-west London



‘Everyone *thinks* HOLLYWOOD *EXISTS, BUT THE* glamour isn’t real’

We’ve fallen for the handsome and buttoned-up version of Matthew Macfadyen that we see on TV, but, as Frances Wasem discovers, there’s a very different, spaghetti-hoop-warming, funny dad version after the director yells ‘cut’...

Photographs HAMISH BROWN
Styling LAUREN T FRANKS

MATTHEW MACFADYEN IS SITTING ON A CHAISE LONGUE IN A TWEED COAT AND PAISLEY SCARF, LOOKING RETICENT. The sound of a camera shutter can be heard clicking in the background. His head is tilted slightly to one angle; his hands rest easily on his knees as his blue eyes look unflinchingly into the lens.

In that moment he is the epitome of the brooding Matthew Macfadyen we’ve come to know so well in *Spooks*, *Ripper Street* and, of course, as Mr Darcy in *Pride & Prejudice*. Buttoned up and straight-laced, but with a hint of boyish vulnerability, a sensitivity that kicks in with a subtle widening of his eyes. The *Red* team is chatting idly about everything from football to Stephen Fry (as PM), to school runs and even the power of a Nutribullet blender. Macfadyen is motionless as the shutter whirls, occasionally throwing in a comment: »



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'I've loved acting,
from as far back
as I can remember,'
says Macfadyen



'It's a nice-tasting slime,' he says of the current craze for veggie smoothies. And then the camera stops, Macfadyen visibly relaxes and breaks into a deep-barrelled laugh.

THIS IS THE OTHER SIDE OF MATTHEW MACFADYEN.

Underneath that British reserve is a wonderfully warm man, with a wickedly dry sense of humour. 'You do a role like Tom Quinn in *Spooks* and it sticks for years,' explains Macfadyen, unwinding his 6ft 3in frame on the sofa we've taken over for the interview. 'And then the industry goes, "Right, he's the guy for serious, buttoned-up and repressed Englishmen,"' he says, snapping his fingers to emphasise the point.

We're here to talk about his next role, that of the equally serious paranormal investigator Guy Playfair in the adaptation of Playfair's book, *This House Is Haunted*. The story explores real-life unexplained events in a house in Enfield in 1977. Sky Living's version, *The Enfield Haunting*, sees Macfadyen donning sideburns again, as he did in *Ripper Street*. He took the role, as he does with most parts, because it was a 'good script, really – and the chance to work with Tim Spall and Juliet Stevenson. It fitted very nicely'.

'Fitting very nicely' could well sum up the actor's life. Macfadyen, the older of two brothers, was born in Norfolk, of Scottish and Welsh descent. His dad was an engineer in an oil company; mum was an actress and then a drama teacher, his grandfather was into amateur dramatics.

Talking about his childhood in his velvety voice, Macfadyen says, 'I felt very loved and I hope my kids feel

loved, too. I've definitely handed down a sense of humour. We giggle and there's lots of messing around and silliness in our house.' His formative years clearly had an impact on his career choice, too. 'I've loved acting, from as far back as I can remember,' he enthuses. When the time came he applied to university, but also 'quietly auditioned for drama school, too'. He got a place at RADA and his path was set.

A number of TV roles followed (*Wuthering Heights*, Stephen Poliakoff's *Perfect Strangers*) but it was playing Tom Quinn in *Spooks* that put Macfadyen centre stage, and where he met his wife Keeley Hawes, 39. For a while paparazzi loitered on their doorstep, but after 11 years together they're virtually off-radar.

Part of that could be the absolute 'normality' of the couple's existence. They live quietly in London with their three young children. 'I've never thought to myself, "Right, stay grounded" – I'm just a normal person who happens to do something that puts me in the public eye,' says Macfadyen. 'But I do the school run and heat up the spaghetti hoops like any other person.'

OF THE INTENSE INTERNET SCRUTINY ACTORS NOW FACE, HE'S PHILOSOPHICAL.

'I've googled myself a couple of times and gone "aaaargh". I can't imagine not being able to walk down the street,' he says, letting out his breath, and then starts to laugh. 'Actually, I was in a café having breakfast with my two little ones and I got asked for my autograph by this mum and her kid. Turned out she thought I was a musician! She said, "Oh right... Can I get your autograph anyway?"' I said, »



FROM LEFT: Macfadyen in *Spooks*; and with his wife, actress Keeley Hawes



FROM LEFT: In *The Enfield Haunting* with Juliet Stevenson and Timothy Spall; as Mr Darcy in 2005's *Pride & Prejudice*

“Yeah!” My kids were looking at me like, “You fucking sad, sad, old man.”

He glows with pride when he talks about his kids. I wonder if they're showing signs of the creative gene? Macfadyen smiles. ‘They do sort of skits and they play and play, it’s wonderful watching them as they’re totally in their world and they’ve created characters.’ Would he be happy for them to follow in his footsteps? ‘I don’t mind. It’s a difficult career but all I can do is encourage them and make sure they feel happy and confident.’ At which point Macfadyen arches an eyebrow: ‘Unless they’re chronically bad at what they want to do, like if they wanted to apply to art school.’ He then illustrates his point by colouring wildly in the air with a heavy-handed fist. ‘I’d probably say, “You know, darling, maybe don’t.”’

HAVING A PARTNER WHO WORKS IN THE SAME INDUSTRY CAN BE HEAVEN OR HELL. But Macfadyen says he and Hawes often use each other as creative sounding boards. ‘We’re quite harmonious as actors. We’re sort of faffing around with a script and she’ll say, “Read this”, or I’ll say, “Read this and see what you think.”’

They also support each other with big decisions about the scripts that land on the doormat. ‘I know if something’s grabbing Keeley, but I’ll also know that maybe she feels the pressure to work, and I’ll say, “You don’t need to do that.” And you know what it’s like to fall in love with a part and for it not to go your way. Sometimes it’s good to have someone go, “It’s all right, fuck ’em.”’

If Macfadyen’s career has had any ‘fuck ’em’ moments, it doesn’t show. Instead, he has steadfastly built a 20-year portfolio as a character actor and leading man, which also

includes theatre (*Henry IV*, *Private Lives* with Kim Cattrall). He’s also unstarry enough to take supporting roles, in films like *Incendary*, with Ewan McGregor, and *Anna Karenina* with Jude Law. This year he’s started filming new TV drama series *The Last Kingdom*, with Rutger Hauer, though he reveals he enjoys comedy as much as his more serious roles. ‘In drama school I did all the silly parts,’ he explains. ‘That’s why it’s such a joy to do things like *Jeeves And Wooster* [on stage, with his good friend Stephen Mangan] as it feels much more like me.’

Macfadyen rarely gets a bad review (he was nominated for a BAFTA for his portrayal of a paedophile in *Secret Life*), although those pressures are ever present. ‘All actors know we’re not saving lives, but you’re still taking a risk. You’re setting yourself up for failure because you’re going, “this is what I’ve done”, and people can go, “Well, that’s crap” or, “You look fat.” Or you’re showered with praise. It’s a crazy kind of hyperbole.’

HOLLYWOOD, THOUGH, DID COME KNOCKING WITH JOE WRIGHT’S ADAPTATION OF *PRIDE & PREJUDICE*,

in which he played Mr Darcy opposite Keira Knightley. Many thought the film would catapult him on to the A-list – but that’s not what he wants from life. ‘Everyone thinks Hollywood exists, but the glamour isn’t real,’ he says. ‘Hollywood could mean you’re bored out of your mind in the green-screen studio in Babelsberg. I think telly has always been my favourite; I adored doing *Ripper Street*. We were on set in Dublin and it was blissful. I do think, if you’re happy like that, that’s it, that’s as good as it gets.’ Any plans to play James Bond? ‘Christ, no!’ – cue another belly laugh.

Last October, Macfadyen hit a personal milestone when he turned 40. What life lesson would he impart to his younger self? ‘To stop smoking earlier,’ says Macfadyen, dodging my question somewhat. And when I probe a little deeper: ‘I was a different person then. You look at your 24-year-old self and you’re totally different. That’s the wonderful thing about life, you know, you see your friends changing and you still have these touchstones that you share. But I had vastly different relationships with my friends at 24 than I do now. Your attitude and your thoughts about life change.’

His ‘gorgeous wife’ threw him a surprise party to celebrate. ‘I’m quite shy, so I got sort of nervous and annoying and then Keeley said, “Okay, I’ll tell you.” She also gave me a wonderful book in the morning, filled with photos and personal notes from my best people – it was fab. Then after breakfast I took the kids to school.’ He chuckles. ‘The pressure’s on for me now, for Keeley’s 40th.’

I wonder if the milestone made him rethink his life at all? ‘I still love acting. It’s about telling stories. You sort of leave yourself behind, there’s a great freedom in that. Of the roles I’ve done, Oblonsky in *Anna Karenina* was a favourite,’ he says of the jovial, larger-than-life character, ‘because he was more like me! He was a man of great appetites and he was silly.’ He pauses, before adding, ‘He was like a big baby really, but a very kind baby.’ *The Enfield Haunting* is on Sky Living this May

Read Matthew Macfadyen's Best Things In Life at REDONLINE.CO.UK

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THE FINE ART OF BECOMING A STEPMUM

Blending two families can be a delicate business but, as Sarah Edwards reveals, forgiveness and a little tongue-biting can result in a happy ending

AS MY NEW BOYFRIEND COLIN AMBLED TOWARDS THE CORNER SHOP,

I wound down the car window and called after him, 'Don't forget the milk, babe.' He turned back with a warm smile, acknowledging my request. Sitting back contentedly, my thoughts drifted to our romantic supper for two – yet they were quickly interrupted by a tiny, but perfectly articulate voice rising up from the back of the car: 'He is not your babe, he is *my* daddy!'

I turned to look at the angelic three-year-old – Colin's daughter, Charlotte – her little face screwed into a scowl, and I found myself glaring at this small person who was staking her emotional claim over my partner with such force. She glared back at me. She was just a toddler, and as the adult I knew I should let it slide, but my anger was palpable. I feel completely ashamed of myself to admit this, but that's how I felt all those years ago.

When I told Colin what happened, he thought it was hilarious. But I found the situation intimidating, infuriating and upsetting. What was I supposed to do with that comment? How could nine words emitted from the mouth of such a small human being carry such weight? And why couldn't I count on the support of my boyfriend in dealing with his angry little girl? She'd pelted me



with an emotional curveball – but it was just one of many I endured when I first became a step-parent.

I'm happy to say that now, Colin (who has since become my husband) and I have a much better relationship with each other's children – we have six of them between us, including Charlotte. We're more tolerant, more understanding. Yes, there are still incidents aplenty, but they are quickly resolved and carry less emotional weight. Nevertheless, I still regard these early days as a baptism by fire. Step-parenting is a hard-to-navigate role, and with over half a million step-

families in the UK it's a position many of us find ourselves in. Becoming part of someone else's 'unit' requires an often lengthy period of adjustment. And while it took a few years for Charlotte and I to truly find a balance, for many step-parents a feeling of equilibrium never happens.

I think a lot of it comes from guilt. It's an emotion most mothers seem to battle with, but it intensifies during a break-up. When I split up with my sons' father, after 13 years together, I was painfully aware I was destroying the secure environment they had come to rely on. Making them feel loved and

safe was my priority, and we quickly fell into a routine that suited all of us. The boys, who were four months and three years at the time, still lived with me and saw their dad at weekends.

Things remained like this for seven years, until I met Colin, who had also separated from his partner. He'd been invited by a mutual friend to join us for supper and I instantly fell for his kind, gentle nature. Yet I knew creating a home for my boys and his four children would prove a challenge.

I WAS 38 WHEN WE MET, AND COLIN'S KIDS FROM HIS FIRST MARRIAGE WERE ALREADY 18, 20 AND 21.

He had separated from Charlotte's mother before she was born. At first I assumed our relationship would start with indulgent dinners and lazy mornings – particularly when my boys were with their dad. I felt we'd both already done our fair share of baby duty, but, of course, we were propelled back there every time Charlotte came to visit.

She instantly took priority over the other kids because she needed more attention. This may have been easier to swallow if Colin and I had similar parenting styles. But Charlotte's mother had instigated a strict routine – one she shared with me via a long list of 'dos and don'ts' and that Colin was fearful of deviating from – so the weekends we cared for her, *everyone* had to adhere to a toddler's timetable.

I remember one joint family outing when my youngest son became upset because he'd been promised a trip to a museum but we had run out of time. Colin's constant clock-watching had already driven me to distraction, but now I had to disregard my own child's feelings for the sake of his offspring. It was too hard to ignore my son's tears, too upsetting that Colin seemed immune to them and too frustrating that yet another 'happy' family trip had descended into an argument.

When I'd been a single mother, I'd assumed embarking on a relationship with a man who had no children would be catastrophic – how would he be able to understand what it was like? Instead, I'd found a partner with kids, and constantly felt undermined and unable to vocalise what I really

thought for fear of causing a row. My relationship with Colin's older kids was equally challenging. At times it felt like we were becoming friends, then something would happen and we'd be back to square one.

Weeks after the museum incident, Colin's eldest son spotted a bottle of champagne in our fridge and reported it back to his mother. As she and Colin were in the throes of financial negotiations, this information became ammunition. Times were hard for all of us back then and the champagne was a rare treat – purchased by me – but his son viewed it as misplaced priorities. I understood his loyalty to his mum, but I was devastated, too. I'd recently helped him raise a deposit for his first home and acted as guarantor, but at the first opportunity to unfoot me, he did. In retrospect I realise he was dealing with his emotions by lashing out. I was just the easiest target.

Poor Colin spent a lot of time trying to keep everyone happy, but for me, the fact he didn't spring to my defence was yet more evidence the lines were drawn. It was him and his children, and me and mine. Blending had failed. We were not ready to be step-parents.

So we went our separate ways, for three years. We remained friends and, out of the blue, met for a coffee in 2011. We both had dates lined up for that evening, but ditched them to go out for supper. We've never looked back.

A few weeks later we broke the news of our reconciliation to our children and they were delighted. It seemed time had not only helped us to heal, but given us a shared history. The first time Charlotte came to visit us, she cried because she was worried she would never see us again. It made me realise despite what had happened before, my children and I were important to her.

Almost a decade on, I'm able to say I love being a stepmother to Colin's amazing children. Each one has brought a positive new dimension to my life, and luckily their mums have helped to make the situation more

harmonious. Their support of our relationship means they feel like allies. And actually, they always have done. Even when things were tough for Colin and I, his ex-partners never

weighed in and made things worse. They were sensitive to the fact we might need time alone without the kids and confident about leaving their children in my care, which made me feel accepted.

So how did we do things differently second time round? By being more supportive to one another as a couple and clearer about the roles we'd take on with each other's children.

In 2013 we got married and our children were ushers, flower girls and bridesmaids. As I stood back and looked at our big, crazy family, I was proud of what we'd become. Now we are more honest, settled and confident. Am I still sometimes seen as the wicked stepmother? You'd have to ask the kids, but so far this fairy tale has a happy ending. 

Read more thoughts on family at REDONLINE.CO.UK

'I constantly felt undermined and UNABLE to VOCALISE what I thought for fear of causing a ROW'

HOW TO SURVIVE BEING A STEPMUM

by Relate counsellor Barbara Bloomfield

● First, you need your partner's full support and understanding, and you should agree guidelines together on how to treat the children.

● Family meetings are a good way of working out what issues are likely to come up for you and your new family.

● Always put yourself in your stepchildren's shoes and recognise the things that matter most to them.

● Finally, as a step-parent you need to build up patience and a thick skin – it's usual for there to be some resentment and it may take them time to get used to the new arrangements.

● Relate has published two books to help you through: *Help Your Children Cope With Your Divorce* by Paula Hall (Vermilion, £9.99) and *Step-Families* by Suzie Hayman (Vermilion, £9.99). For more support, call Relate on 0300 100 1234 or visit relate.org.uk

A young woman with dark brown hair and bangs is sitting on a light-colored floor. She is wearing a white long-sleeved button-down shirt and blue denim jeans with the cuffs rolled up. She is wearing blue and white sneakers. She is looking directly at the camera with a slight smile. The background is a plain, light-colored wall.

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AT 37, I'VE NEVER BEEN TOLD

'I
LOVE
you'



They're three words we all allow to trip off our lips to a husband or partner. But for Jenny Stallard, the wait to hear them goes on...

WHEN I TELL PEOPLE I'VE NEVER UTTERED – OR BEEN TOLD – THE WORDS 'I LOVE YOU', THERE ARE USUALLY THREE DIFFERENT REACTIONS. First, they say, 'No! It must have happened, maybe you've just forgotten!' Believe me, it hasn't. Next, there's pity. Which is equally as frustrating, because I'm really not looking for sympathy. You see, I'm a happy, smart, accomplished woman (I own a home, have a good job, great friends, have run a few half marathons and have even tried stand-up comedy!). The third thing that happens is, if they know me well enough, people will smile, say, 'Ohhhhh...' and then, 'I love you!'

This last reaction would, once upon a time, have made me cry. But these days it's more of a knowing laugh that I give in reply. After all, why get upset about something I can't change? But the truth is, sometimes it *does* seem a bit weird to never have heard those words from a man.

So why do I find myself, age 37, in this position? I'll admit that, since my teenage years, I've become the master of the unrequited crush. From the son of family friends and my brother's best mate, to my best male

friend in sixth form and including former colleagues, my affections have often found a home with those who either didn't know or, if I told them, didn't reciprocate. I'd like to think that we all go through this, when we're nervously navigating those first flourishes of romance, but could it have been that I was simply scared of falling in love? Hoping for a crush to notice me back was easier than diving into a real, proper relationship.

Of course there have been men in my life – moments where love might have been on the cards. At university I spent almost three years with the same boyfriend, yet I don't remember us ever saying 'I love you'. He was always around, and we definitely clicked and enjoyed being with each other; I can't say for sure, of course, but I don't think 'love' was something on either of our minds.

Then I moved to London as a twentysomething and just wasn't interested in getting serious with anyone. I loved going out with my girlfriends 'on the pull'. There was the thrill of flirting with strange, exciting new men, and just as enjoyable, the debrief over tea and toast with my mates the following day. We were resolute in our »

singledom, enjoying our independence and determined not to settle down too soon and spoil our own fun. I was firm in my belief that it was only a matter of time before I'd meet someone and we would both, naturally, say those three words. I'd get my romcom happy ending; I just didn't want it quite yet. Only, almost 20 years on, I find myself still waiting.

I think there have been two times in my life, when I've come close to saying 'I love you'. The first was in a relationship nearly five years ago. The longest one since I was at university, we were together for about five months. Not long, you might say. But the intensity made up for the brevity and within that time we had met each other's parents and friends, shared Christmas and New Year. I knew I liked him, a lot – and wanted to verbalise it. I remember feeling that I should say something. That I should test what would happen if I actually said 'I love you'.

We were staying with friends one weekend. Cosy and warm in bed with him, I felt snug – and slightly smug. I wasn't one of 'the single girls' any more, I was at the 'next stage', I had a man. So, surely... surely 'I love you' went with that, whether I was 100% sure I felt it or not? But the significance of finally saying those words was a lot to bear. Especially when, deep down, I wasn't convinced I felt them. That short sentence turned out to be impossible to utter, so instead, I came out with 'I heart you'. (Yes, I just cringed, too.) But I didn't even say it in a direct way; I sort of muttered it, under my breath. And he didn't acknowledge it. I'll never know whether he actually heard me.

When we split, I was devastated. Not because I think I loved him. Then, and now, I am sure I didn't. I was smitten for a while. I loved the idea of him, the companionship, the attention, the morning 'hello' text and evening phone call. But I wasn't in love.

A year or so after that, I met a new man online. After just a few weeks I knew I was falling for him. It felt more adult than anything that had gone before and like we were on the same page. He worked in a similar job; we had the same sense of humour. Would this be the 'I love you' man,

I wondered? But the relationship never really got off the ground. We would date for a while, then it would peter out to fewer messages, fewer meetings, then ramp up again – but never quite enough.

So I moved on. After all, I hadn't waited this long for 'I love you' from just anyone. And that's how I feel right now. To hear those words would be wonderful, but only if they come from the right person. I work hard to keep a sense of perspective about it all. I know many other happy, accomplished women who also haven't found that

“ To hear **THOSE WORDS** would be **WONDERFUL**, but only if they come from the **RIGHT PERSON** ”

one person to settle down with – yet they refuse to let it define them, so why should I? But somehow my situation feels different; I've still never experienced that with *anyone* while most people have.

In darker moments, I do wonder if I am just destined to have unrequited crushes – and that's the closest I'll come to love. Will I forever enjoy the company of family and friends, but not a partner? Is there something inside me that's stopping me from being loveable?

Nevertheless, *I love myself.*

As I look in the mirror at my approaching-40-year-old self, I'm okay with who I am. I don't wonder, any more, whether I'm too fat or thin, or pretty enough. I see the work I do, the friends I have, the things I do in my free time as good and successful. I see my life as something others might want to share. So after all these years, I still believe there's an 'I love you' out there for me. And as I've got older, I'm less hung up on the phrase itself, and more interested in the intention behind it. In being a partnership and putting someone else first. And while this feels a bit daunting and unknown, I'm not a complete novice.

Have I been shown love by men? I would say so, yes. Have I acted lovingly in a relationship? Definitely. Do I have the capacity to love and the confidence to say it out loud when the time is right? I very much hope so.

I've realised, through years of dating and searching for 'The One' that falling in love isn't a competition. It wasn't something I had to win before my friends. It isn't

'my turn now' because life simply doesn't work like that. And the biggest lesson I've learned is an 'I love you' as a lie would be worse than no 'I love you' at all. ■



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HAPPILY MARRIED, 1,500 MILES APART

Novelist Elif Shafak, 43, wanted to commit to marriage – but not to a life in Turkey. Here, she explains how her unconventional relationship makes her happy

Some children belong to their grandmothers. I can claim that with confidence, because I was one of them. I was born in France, to Turkish parents. Both were young, idealist, bohemian. My father was pursuing his PhD in philosophy and my mother, in her belief that youth and love were enough to be happy, had dropped out of university. It was a wobbly marriage, and shortly after I was born they went their separate ways. My father stayed in France, where he would get married again and start another family.

As for my mother, she returned to Turkey with a toddler me in her arms. But there was a major problem: Mum was without a degree, without a job and without money. It was my grandma who stepped in, encouraging her to go back to college. 'You must have your own career, earn your own money,' Grandma said. 'I'll take care of the child.'

Our situation was peculiar. In the conservative Muslim-Turkish neighbourhood that I found myself in, all the children came from extended families where fathers were, without a shred of a doubt, the head of the household. I was a lonely child and preferred to live inside my imagination. Home to me was not necessarily made of solid brick. I preferred it to be an ever-changing

sea of stories. Not that I didn't believe in a 'homeland', but I wanted it to be portable, like a turtle's shell.

Finishing university with flying colours, Mum became a diplomat. She and I travelled together: I spent the rest of my childhood in Madrid, where Spanish became my second language. Then we had a house in Amman and then Cologne. In my early twenties, on my own, I moved to Istanbul, believing that the city was calling me. I was head over heels in love with her (Istanbul being a she-city). Her every move, her each mood, I studied with the generous and gullible attention of a young lover.

BUT ISTANBUL WAS TOO CHAOTIC, TOO CRAZY, TOO MUCH. I kept writing my novels, inching my way to becoming an established author in my country. With every book I published, the circle of my readers expanded. It was beautiful, that spiritual and emotional bond with the readers. It was suffocating, the lack of freedom of expression and the weight of politics on art. And one day, tired and exhausted of being myself, I left the city and flew to America.

Over the next few years I lived in Boston, Michigan and Arizona, of all places. After graduating from international relations and gaining a master's in women's studies and »

a PhD in political science, I taught at various universities, and I kept writing my novels. I did miss Mum and Grandma, and visited them as often as I could, but I had no intentions of settling down anytime soon. Travelling so widely brought an increasing sense of solitude. I didn't mind. Writers are primarily asocial creatures – the novel is the loneliest form of art, as Walter Benjamin once said.

YOU MIGHT THINK SOMEONE LIKE ME COULD NEVER FIND A SUITABLE HUSBAND,

and I wouldn't blame you since I was of the same opinion, but life proved me wrong. I met a journalist, a most gentle and surprisingly feminist soul, who taught me about love, beauty, light and cosmos. In return, I gave him chaos. Every day we had long, heated debates, not about ourselves, precisely, but about God and agnosticism, faith and doubt, order and insanity.

In the end, drained by too many philosophical arguments no one seemed to be winning, we broke up, though we still loved each other. Years later we reunited, both of us wiser and calmer. We got married in Berlin. It was no coincidence we'd chosen this city to tie the knot in because, like East and West Berlin, we, too, had been together once, then separated and were now getting back together again.

Shortly after the wedding, I went back to Arizona, and my husband returned to Istanbul. Even though everyone we knew found this mind-boggling, it seemed to us the most natural plan. He was deeply attached to Istanbul. And I was deeply attached to wandering. We loved each other but we knew if one of us tried to change the other, it would only cause misery. It was a pact of love. And trust. And freedom.

For years, we commuted every five weeks between the two places, Istanbul and Arizona, which couldn't possibly have been more different. The 26-hour journey was taxing, insane, inexplicable to others; yet we kept doing it for as long as we could. He'd arrive in Tucson airport, his eyes bloodshot, his ankles swollen from sitting for too many hours on a flight. The house I rented was an utter mess. I had a mattress on the floor, a big radio, a computer where I could write, and lots and lots of books and magazines. That was enough. When I tried to set the table (there was no table, we'd eat on the floor) we couldn't find two matching plates and cups. My husband would come and put the house in order, and ask me to be a bit more womanly, please. But I didn't want to be womanly; all I wanted was to be a writer.

Then, one day, I learned I was pregnant. 'Now you can come back and settle down,' said Grandma on the phone. I tried. Both my children were born in Istanbul. And three of my next novels. Living in the same house with my husband was beautiful and limiting, comfortable and uncomfortable, in equal degree. I needed my own space. He needed his space, too. Had we not understood each other and had we not been similar in this respect, one of us would have felt offended. But it wasn't anything personal, I knew, this desire for individual space. Motherhood reshaped my personality, expanded my

heart, rewired my brain and retaught me everything I knew. Yet I was still a vagabond in my heart.

Four years ago, I took a decision to move to London with our children (now eight and six). 'I should go,' I said one night. He was silent for a full minute. 'Let's hope it's not Arizona again,' he said. 'I was thinking of London. It's closer,' I replied. 'But who do you know in London?' he asked. 'No one,' was my answer. Not a single soul.

Thus we began to commute between London and Istanbul. The children are happy here – perhaps it is because they were tiny when we started this odd arrangement. Had they been grumpy teenagers they might have resented it.

I am not going to deny that they feel sad when they have to say goodbye to their father each time. And so do I. I wish he could come to London with us, but what right do I have to impose my way on him when he never imposed his way on me? We don't make huge plans, only small steps. This feels more realistic, more truthful. When our friends asked why we had made such a bizarre arrangement, my husband replied, 'Because I am a farmer, by nature, and she, a nomad.'



Elif Shafak as a child, with her mother in Ankara, Turkey

“
Living in the
SAME HOUSE
with my husband
was BEAUTIFUL
and LIMITING
”

FARMERS LOVE THE SOIL THEY GROW UP ON. THEY'RE CAPTIVATED BY ITS SMELL,

its touch, even its hurdles. Nomads aren't like that. We arrive, we sojourn, we leave. Our agreement enriches us intellectually and spiritually, but it can also be challenging emotionally. You miss each other sincerely and when you're together you never feel bored as there are so many

words and emotions to be shared. On the other hand, it strains the connection – you're not there when needed.

Migrating to London when I was 39, starting life almost from scratch, was an irrational decision, no doubt. In a way, I became a single mother, just like my mother, which increased my responsibilities. Once, when I complained to my husband on the phone about the amount of work I was doing, he cut me off: 'Don't go down this road,' he said. 'You chose this peripatetic style, did you forget?' It was the only time we quarrelled about the arrangement.

In the end, marriage, just like every other aspect of human life, is a learning process. There is no golden formula for every household. Each couple needs to discover what works best for them and their children, and when that doesn't work any longer, they need to find another way, sometimes at the expense of challenging society's established norms. And nomads and farmers, despite their inborn differences, can irrationally love and even create a life together. ■

The Architect's Apprentice
by Elif Shafak (Viking, £14.99)

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¹Cetraben Cream patient preference study, Sept 2013

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THE MANY SIDES of YOU

Maybe there's no such thing as a 'true' self, argues Emer O'Toole – isn't that an empowering thought?

My Monday-morning alarm screams, and consciousness feels like a very bad idea indeed. The previous Friday, I found out I'd been awarded a PhD scholarship from the University of London – my ticket out of Ireland's crashing economy; out of my crumbling, catastrophically expensive Dublin flat; out of my receptionist's job at a firm that I hated. That night, my best friend and I went on a three-day celebratory bender, the strobe-lit, whiskey-sodden, bug-eyed details of which I'll spare you (if only because I don't remember them).

Somehow, I dress myself – thankful for a last clean professional shirt – and drag my trembling body to the office. If I want a toilet break at work, I have to call one of the accountants to cover reception. The first time I do so, my colleague looks at me with concern. The fifteenth time I do so, she looks at me with abject contempt. It's not quite 11am, but I'm not going to make it. I limp to HR and explain that I've come down with a sudden, terrible flu bug. The HR officer tells me coldly to go home.

On the way, I think, why didn't they believe my flu lie? I'm never late, always neat, ever pleasant. You'd think that'd »

buy me a little credence. That's when I look down and see – beneath my short sleeves – arms covered in inky black nightclub stamps. It looks like I've been to about 50 raves.

HAVE YOU EVER HAD A TIME IN YOUR LIFE WHEN THERE WERE TWO VERSIONS OF YOURSELF THAT HAD TO BE KEPT STUDIOUSLY APART?

Have you found yourself spontaneously inventing answers to the question, 'What did you get up to at the weekend?' or finding ingenious ways to change the subject when a potential date asks, 'So, what do you do for a living?' It's stressful, isn't it, trying to remember which mask to wear, which lines to speak for whom.

In Dublin 2008, there was party-animal Emer, who danced away the weekend, and there was 9-to-5 Emer, who answered phones in floral tones. On the day of ink-arms those two versions collapsed into each other, revealing to my sensible colleagues something of my 'real' self, and, of course, embarrassing me monstrously.

But, actually, was the good-time gal any more 'real' than the office bunny? What's authentic about techno and glitter? I think, back then, I was a little bit lost. I didn't want to party all the time, and I certainly didn't want to be in that office. I wasn't acting like myself.

Flash-forward seven years to Montreal, where my 30-year-old liver forbids all but the most occasional boozy all-nighter, and my dream job teaching Irish theatre and performance at Concordia University affords me the joy of being professional and unconventional all at the same time.

I write; I make art; I'm politically active. Surely now I'm acting authentically?

The thing is, I've stopped believing that I, or anybody else, has a 'true' self at all. We make choices that feel 'in character', but are, in large part, the result of social conditioning and pressures. We're different people with our friends, our colleagues, our lovers. You might regale your mum with almost every detail of your new romance, but save the sexy bits for a bottle of wine with your friends. You might put a brave face on a terrible day, waiting until the kids are in bed to snuggle up to your partner and cry. You might spend an hour frantically untagging yourself from hen-party snaps on Facebook before accepting your boss' friend request.

It can be unsettling to think that you're never acting naturally. That your identity is not a solid thing, but, rather, is composed of the acts you perform and is thus eternally in flux. If this is true, does it mean that we, as humans, are incapable of sincerity?

Yet the idea that we're always performing can be immensely empowering. If your identity is not a stable essence, then you have the capacity to change, to rewrite the script of who you are, and to challenge

the expectations of the world around you. Recognising that there's no 'true' self means you're free to be your *best* self.

This is all great in theory, but what about in practice? The truth is, while recognising that there's no 'true' self has the potential to empower us, it's also very important to realise that acting differently is not as simple as changing your shoes. There are aspects of our character we might quite like to change but, as they've been part of us for so long, they now seem innate and are not only how we perceive ourselves, but how others see us.

Say you wear make-up every day, but wish you felt confident and attractive without it; or that you constantly pick up after your partner, but wish they did their share; or that you always take criticism to heart, yet find it hard to believe praise. These behaviours are not a simple matter of choice.

We get social rewards for 'doing' our identities right, for acting in line with the social expectations for our class, race or gender. So, for example, we might be considered more feminine and attractive if we wear make-up; more loving and caring if we pick up after a partner; or charmingly modest if we undervalue our talents. Similarly, we can experience social sanction

for doing our identities wrong: 'She used to be so glam and put-together, but she's really let herself go lately'; 'She used to be so easy-going, but she's turned into a right nag'; 'Someone has a high opinion of herself.'

The acts we perform are in large part conditioned by the world around us, and, sadly, that world has some very regrettable ideas about how women should behave.

SO WHAT AM I SAYING? WELL, IT'S GREAT TO WANT TO MAKE A CHANGE, BUT CUT

YOURSELF SOME SLACK, TOO – making over your identity is much harder than making over your face. It's okay to revert to type sometimes, to play a role that's easy and comfortable in a challenging situation until you've found the energy and the courage to try again. We don't have to be our best selves all of the time – we just need to like the people we are most of the time.

While there's nothing wrong with playing different roles for different occasions, there probably is something wrong if – à la Dublin 2008 – none of those roles represents a person you want to be, or if the disconnect between your different selves means disaster if e'er the two (or three, or four) should meet. How comforting, then, to know that it's an act. And that – with thought, time, dedication and rehearsal – we can create new characters, put on new performances, and come to act differently. ■

Girls Will Be Girls: Dressing Up, Playing Parts And Daring To Act Differently by Emer O'Toole (Orion, £12.99)

Join the conversation on Twitter
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'Recognising that there's no "TRUE" self means you're FREE to be your BEST self'



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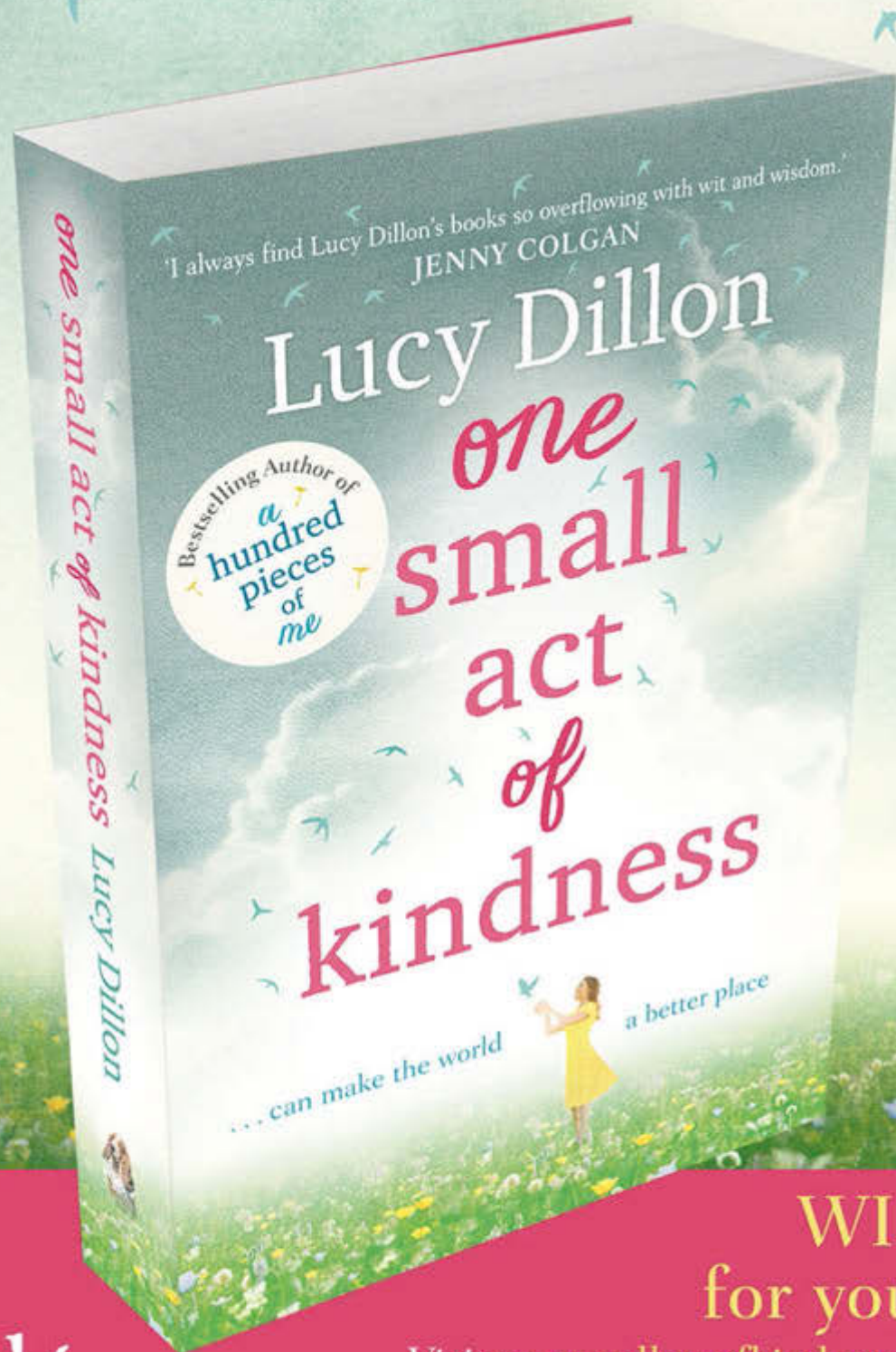
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Edited by HANNAH DUNN



FLYING SOLO

With the release of his second solo album, Brandon Flowers steps out of The Killers' shadow to talk school runs, Satan and finally feeling secure

Words SIOBHAN GROGAN

He may front the multimillion-selling, stadium-filling giants The Killers, but Brandon Flowers has quietly rewritten the rock-star rule book. True, he's headlined Glastonbury and scored four number-one albums with the band, and is now poised to release his second solo record. But offstage, Brandon is a dad to three boys, about to celebrate his 10th wedding anniversary – and a devout Mormon.

'I guess the contradiction of being in a band and being an active Mormon is unusual,' Brandon reflects. 'I struggled with it at the beginning, but I don't any more. I do edit my thoughts and instincts sometimes, but it's not like I want to write something so horrible it would make you worship Satan.'

This newfound self-assurance, that Brandon says has come with age, has also inspired his new album, a more upbeat and danceable record than the heavier rock you would expect from The Killers. 'I wish I would've felt like this a bit earlier and I maybe pretended to, but it wasn't real,' he says. 'Now I want to make music that I like, and as I'm on my own, I just don't want to embarrass myself.'

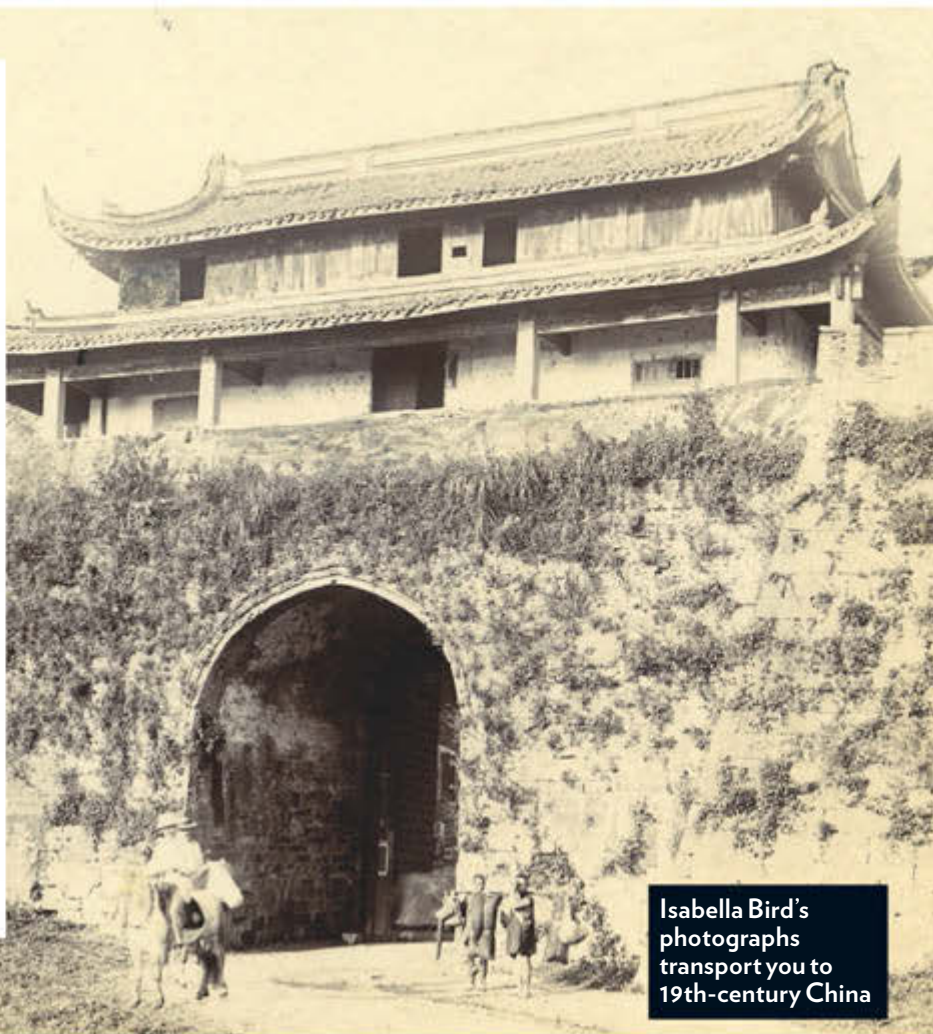
But Brandon insists he hasn't given up the day job yet, and in-between the inevitable school runs ('I guess word gets spread around pretty quick when I do it...'), he will eventually return to the studio with the band. 'I do think we need a kick in the pants but there's no reason why we wouldn't. I'm still very proud to be the singer in The Killers.' »

*Brandon Flowers' album **The Desired Effect** is out May 18th*



THE ORIGINAL EXPLORER

If you've never heard the name Isabella Bird, now's the time to play catch up, with the release of a new book, *Isabella Bird: A Photographic Memoir Of Travels Through China 1894-1896*. A pioneering travel writer and photographer, Bird documented some of the furthest reaches of the world in the 19th century, including New Zealand, Hawaii and Russia – suffering with everything from broken bones to volcano burns along the way – but it was China that eventually stole her heart. Now, her voyages are finally being documented with over 200 unique photographs, creating one captivating account. *Isabella Bird: A Photographic Memoir Of Travels Through China 1894-1896* by Deborah Ireland (Ammonite Press, £25)



Isabella Bird's photographs transport you to 19th-century China



THE MAKING OF A GREAT

What better way to discover the art of Francis Bacon than through the works of those who inspired him? In a brand-new exhibition at the Sainsbury Centre in Norwich, *Francis Bacon And The Masters* will chart the evolution of one of history's most exciting painters. Iconic pieces from Rembrandt, Picasso and Van Gogh, among others, will sit alongside more than 25 of Bacon's own works, with exclusive photographs, books and materials straight from his studio. Not to be missed. *Francis Bacon And The Masters*, April 18th-July 26th; scva.ac.uk

Don't miss your chance to see Francis Bacon's *Two Figures In A Room*

For more must-visit exhibitions, go to REDONLINE.CO.UK

While you're in Norwich...

EAT One of the UK's oldest public libraries is now a grand brasserie called, appropriately, The Library Restaurant, featuring original bookcases alongside a wood-fired grill; thelibraryrestaurant.co.uk

DRINK Bohemian bar The Birdcage comes with its own mini art gallery. Plus, you can even bring fish and chips in from across the street; thebirdcagenorwich.co.uk

SLEEP With five bedrooms, 38 St Giles is tiny, but perfectly formed. Each room is individually designed and breakfast is a treat; 38stgiles.co.uk

REFUEL Put your feet up at The Window Coffee, where the house blend is created according to the seasons; thewindowcoffee.com



Game Of Thrones fans, rejoice: season five is finally here

Without wishing to seem like an obsessive, I have been huddled in yak pelts by a crackling fire, fastidiously polishing my Valyrian steel blade since the end of Sky's *Game Of Thrones* season four last year, yearning for the return of winter. Finally, the wait is over as the blood-thirstiest saga on television returns for a fifth, even more dramatic series, featuring the usual mix of dragons, exiled noblemen, vengeful tomboys, quests and almost certainly a side order of buttock and breast from both genders. So much to look forward to, but I'm particularly excited about the newly evil Sansa Stark (Sophie Turner), the now solo Arya Stark (Maisie Williams), who so callously ditched the dying Hound

on that hillside to seek her revenge, and Bronn (Jerome Flynn), who I hope will be generally swinging his sword around, swearing and cracking jokes.

Sky continues to spoil us with escapist fables as the gloriously camp gothic thriller *Penny Dreadful* returns, starring Eva Green as an eye-swivelling Victorian medium, and

Timothy Dalton and Josh Hartnett as her mutton-chopped sidekicks. Throw in characters from gothic literature, lusty vampires and Billie Piper, and you've got serious fun.

To coincide with Easter, *The Ark* comes to BBC One, depicting the biblical story on a grand scale with *Shameless*' David Threlfall as Noah, and Joanne Whalley as his wife. Filmed in Morocco and boasting two of every creature (some CGI may have been used) it's the ideal thing to settle down in front of with a lapful of broken chocolate egg bits and a tea.

Finally, on Sky Living, you are invited to witness *The Enfield Haunting*. Matthew Macfadyen, Juliet Stevenson and Timothy Spall star in this chilling true story of suspected paranormal activity at a house in 1970s London. Leave the lights on this month – Halloween appears to have come early. »

For more of what to watch, visit REDONLINE.CO.UK



IT'S MAGIC

This month, you'd be forgiven for thinking you'd overslept and woken to discover it was October 31st – because the schedules are bursting with uncanny offerings full of magic, mystery and myth

by JULIA RAESIDE



CLOCKWISE, FROM ABOVE: Josh Hartnett and Eva Green return in *Penny Dreadful*; David Threlfall stars as Noah in *The Ark*; Timothy Spall in *The Enfield Haunting*

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Kate Winslet and Jennifer Ehle in *A Little Chaos*, one of summer's most sumptuous films



AN ENGLISH ROSE IN VERSAILLES

by FRANCES WASEM

It's been 18 years since Alan Rickman first stepped behind the camera to direct *The Winter Guest*, starring Emma Thompson. Now, for his second outing as director, Rickman sets about capturing a female landscape gardener's (played by Kate Winslet) quest to shake up the immaculate gardens of Versailles in *A Little Chaos*.

Both a romantic period drama and a modern exploration of the role of women in 17th-century France, we watch the slowly blossoming love affair between Sabine De Barra (Winslet) and head landscape designer André Le Notre (*Suite Française*'s Matthias Schoenaerts). The film, too, imagines what would happen if a strong-willed woman were given the responsibility of creating a grand fountain at Versailles. How would she fare against her male counterparts (her interview 'lasted about three minutes', snarls her cat-tongued competitors) and would her vision

of a less structured garden (she ditches the fashionable topiary) enthral King Louis XIV?

As well as directing, Rickman plays Louis, the Sun King, and there's a fascination in watching the ease of their performances together. (It's been 20 years since Rickman and Winslet last appeared together on screen in Ang Lee's *Sense And Sensibility*.)

It may be trying to tackle too many themes at once – women in 17th-century society, nature versus control, the grief of loss – but nonetheless, *A Little Chaos* is one of the most sumptuous films of the summer (Versailles is cleverly imagined at Cliveden House and Blenheim Palace). It's also a beautifully acted film – Winslet has emotional grit and Jennifer Ehle steals every scene she's in – that, ultimately, celebrates the enduring femininity and strength of women.

A Little Chaos, out April 17th

For all the latest film news, visit REDONLINE.CO.UK

FROM THE WILD WEST TO RUSSIA, THIS MONTH'S FILMS SPAN THE GLOBE...



The Falling (out April 24th) Carol Morley's masterful *The Falling* explores a mysterious outbreak of mass fainting at a girls' school in 1960.



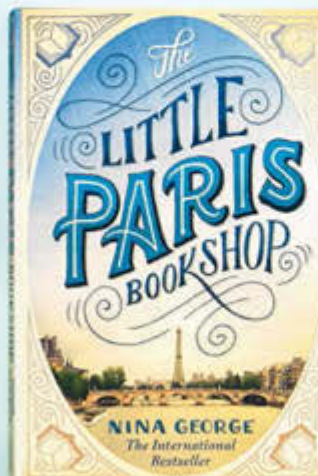
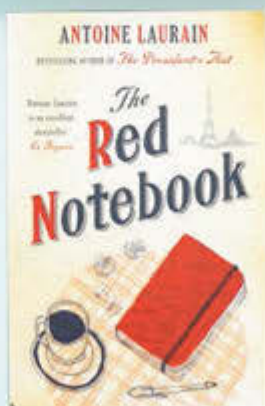
The Salvation (out April 17th) Director Kristian Levring guides Eva Green and Mads Mikkelsen in his Nordic treatment of a western.



Child 44 (out April 17th) An outstanding cast (Tom Hardy, Noomi Rapace) makes this murder thriller, based on Tom Rob Smith's novel, a must-see.



While We're Young (out April 3rd) Ben Stiller and Naomi Watts befriend a mid-twenties couple in this witty comedy. >>



THIS MONTH'S MUST-READS

The six new novels to add to your reading list

by VIV GROSCHOP

***God Help the Child* by Toni Morrison** (Chatto & Windus, £14.99; out April 23rd)

A seemingly simplistic and short read that's actually profoundly moving and provocative. It's rare for Toni Morrison to give a novel a contemporary setting and this is certain to get a lot of attention. This is the story of Bride, a woman with blue-black skin who is shunned by her light-skinned mother. Gripping.

***The Red Notebook* by Antoine Laurain** (Gallic Books, £8.99; out April 14th)

On his way to work one morning in Paris, Laurent Letellier finds an abandoned handbag. The only thing to identify the owner is a book signed to 'Laure' from 'Patrick' and a red notebook. With a handful of clues, he and his daughter Chloe set out to find Laure. A delightful book by this acclaimed Parisian novelist, whose last book *The President's Hat* was a Waterstones Book Club choice.

***After Birth* by Elisa Albert** (Chatto & Windus, £16.99)

From the New York-based author of *The Book Of Dahlia* comes this wonderful, searingly honest narrative about the first year of motherhood,

told by a mother who can barely keep it together. The tone and feel of this reminded me of *Where'd You Go, Bernadette* by Maria Semple. Outrageous, funny and visceral.

***Adeline: A Novel Of Virginia Woolf* by Norah Vincent** (Virago, £14.99)

This is a book for both fans of Woolf and those of us who feel guilty about not knowing the writer's work. The novel begins on April 18th, 1941; 21 days after Virginia Woolf went for a walk by the river and never returned. *Adeline* explores the world of the Bloomsbury Group and the events that led Woolf to her death. You'll be inspired to read Woolf's original novels.

***The Little Paris Bookshop* by Nina George** (Abacus, £12.99; out April 16th)

This charming tale is already a bestseller in Germany. On

a beautifully restored barge on the Seine, Jean Perdu runs a bookshop – or, as he calls it, a 'literary apothecary', because the owner knows how to use books like medicine. The only person he is unable to cure – of heartache – is himself. For fans of *Like Water For Chocolate* and *Amelie*.

***At Hawthorn Time* by Melissa Harrison** (Bloomsbury, £16.99; out April 23rd)

In the aftermath of a horrific car accident, four people struggle to make sense of life. Howard and Kitty have recently moved to the country and are finding their marriage tested to the limit. Custom-car enthusiast Jamie dreams of leaving his village behind, and Jack, a vagrant farm-worker, is running away from a bail hostel.

A heartbreaking exploration of love and loss. »

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Catch Damian Lewis in *American Buffalo* this month



BOOK NOW, SEE LATER

With Damian Lewis hitting the West End and the Olivier Awards taking over our TV screens on April 12th, we pick the season's must-see productions

***Death Of A Salesman*, Royal Shakespeare Theatre, Stratford-upon-Avon (until May 2nd; rsc.org.uk)**

Arthur Miller's tale follows a car salesman whose American dream quickly disappears when his eldest son refuses to follow in his footsteps.

***Bugsy Malone*, Lyric Hammersmith, London (April 11th-August 1st; lyric.co.uk)**

Following a multimillion-pound refurbishment, the Lyric reopens with the first UK production of *Bugsy Malone* in over a decade. Trench coats and custard pies at dawn.

***American Buffalo*, Wyndham's Theatre, London (April 16th-June 27th; americanbuffalotheplay.com)**

Damian Lewis and Tom Sturridge take to the stage in this remake of David Mamet's 1975 play, which follows three small-time crooks with big plans.

***The Car Man*, nationwide (April 14th-August 9th; new-adventures.net)**

Matthew Bourne transports the classic opera *Carmen* from a 19th-century Spanish cigarette factory to a small-town greasy diner in 1960s America.

***Rebecca*, Theatre Royal, Newcastle (May 11th-16th; theatreroyal.co.uk)**

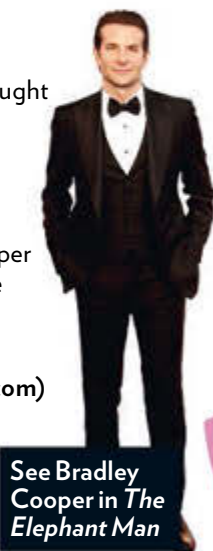
Daphne du Maurier's beloved book is brought to life by theatre company Kneehigh.

***The Elephant Man*, Theatre Royal Haymarket, London (May 19th-August 8th; elephantmanlondon.com)**

Following a run on Broadway, Bradley Cooper and co transfer to the West End to tell the tale of the 19th-century human curiosity.

***McQueen*, St James Theatre, London (May 12th-June 6th; mcqueentheplay.com)**

Set on a single night in London, a young girl breaks into the house of Alexander McQueen to steal a dress. What follows is a magical night of pure escapism.



See Bradley Cooper in *The Elephant Man*



It's a big year for Blur



POP IS BACK

It might be 12 years since they last released an album together, but Blur have remained in our hearts ever since. There was the 2009 Glastonbury performance when Damon Albarn broke down in tears singing *To The End*, not to mention their Hyde Park gig of 2012 when they single-handedly saved the Olympic Closing Ceremony celebration. And this month sees the release of *The Magic Whip*, a brand-new mix of moody melodies, cheeky lyrics and their signature pop anthems. With another Hyde Park gig, a new Manchester-based musical *Wonder.land* for Albarn and Glastonbury rumours to boot, this might just be the year that seals the deal, securing Blur's status as one of Britain's best pop acts.

Blur's The Magic Whip is out April 27th

For more of the latest reviews, see REDONLINE.CO.UK



MODERN MUSE

Style icon, actress, model, muse – there are many ways to describe Chloë Sevigny. And now, her evolution from a model in the 1990s to the face of Miu Miu, via her role in iconic film *American Psycho* and her recent pursuits as a fashion designer, have been documented in this stylish coffee-table book. ***Chloë Sevigny* by Chloë Sevigny (Rizzoli, £19.95; out April 28th)**

CELEBRITY style watch

Complete your between-season wardrobe with a chic, transitional jacket



The rain pours. The sun shines. It's hard to know what to wear in Britain's inclement weather. But this season there's one must: the transitional jacket. Lightweight, luxe and able to see you through rain and shine, take inspiration from the style insiders' between-season looks. Embrace pattern like Corinne Bailey Rae who works S/S 15's cropped look, or Lily Aldridge with a leopard-print trench. Channel Karlie Kloss with a longline grey blazer, or shoulder robe maxi duster coats à la Gigi Hadid and style blogger Aimee Song. Whatever your style, add a transitional jacket to your new-season wardrobe.

The final touch

Nod to the new season with a fresh home hair colour, thanks to Vidal Sassoon Salonist™

EASY APPLICATION

Want rich, natural-looking hair colour you can achieve at home? The new Vidal Sassoon Salonist™ two-step technique allows you to treat roots and lengths separately for salon-quality colour every time. The perfect consistency for the brush and bowl technique, the colour formula allows precise application at the roots before adding a serum to create an easy-to-apply glaze to lengths for hair that shines.

RICHER COLOUR

80% of testers rated Vidal Sassoon Salonist the best home colour**, and in 24 shades, from golden blondes and rich browns, to intense reds, there's a hue to suit you. For hair colour full of depth and luxe tones from root to tip, this is your answer.

CLOCKWISE, FROM TOP LEFT: Corinne Bailey Rae; Karlie Kloss; Gigi Hadid; Lily Aldridge; Aimee Song

Vidal Sassoon Salonist™, RRP £9.99*, available at retail stores including Boots



MADE FOR *MODERN* FAMILIES

Today, family comes in all shapes and sizes – and Matalan is celebrating each and every one in 2015

Gone are the days of the traditional family unit – today families can be blended, extended, adopted or even child-free. Our definition of family in modern Britain is more diverse than ever before, and Matalan knows that family means something different to us all. Family, after all, is at the heart of everything Matalan does, and has been for the past 30 years.

As part of its celebration of the modern family, Matalan has been looking into just what that means in 2015. And the results of its recent *Red* reader survey show the once-conventional, one-dimensional concept of family is indeed a thing of the past. Forget 2.4 children; on average, *Red* readers today have seven different types of people in their life, including adopted children, stepchildren, in-laws and great-grandparents. In fact, almost three quarters of readers would not describe their

family as ‘typical’. But, over the next five pages, the results also show that good old-fashioned family values have never been stronger. When asked to describe their family in one word, ‘close’, ‘loving’ and ‘supportive’ topped the *Red* readers’ list. And when asked, what does family mean to you, responses ranged from ‘my

‘When asked to describe their family in one word, “close”, “loving” and “supportive” topped the list’

nearest and dearest’ to ‘the people you wouldn’t want to live without, that hold the pieces of your heart’.

Today’s definition of family goes beyond blood ties – in the words of *Red*’s readers, family is ‘a group of people (both blood- and non-related) loving and supporting one another’, it’s about ‘a feeling of

two-way acceptance, friendship and mutual love’. For one reader, ‘family means those who are related to me – it also means my dog, he is very much part of my family’, while another said, quite simply, ‘Family is everything.’ We couldn’t have put it better ourselves.

FAMILY TIME

Increased work commitments mean that, on average, families with children only spend four hours a day together during the week. Which makes the time they do have together all the more precious – 78% of readers value shared family mealtimes as one of the most important things in life, and 62% value regular family outings, too.

73%
of Red readers
treasure time
spent together
as a family
at weekends

'We don't get much time together as a family so like to get the most out of what time we do have'

*Louise Tomsett and David Webster
spend their free weekends at the beach with son Soul, aged one, and dog Ralfie*

Louise wears: **Kaftan**, £12. **Capri trousers**, £18. **Necklace**, £10. **Hat**, £8. **Bag**, £12. **Sliders**, £12. David wears: **Shirt**, £12. **Shorts**, £12; **Shoes**, £16. Soul wears: **Toddler boys set**, £9-10. All Matalan

ALL TOGETHER NOW

There's also been a real shift in the make-up of the modern family home. One in five parents over 55 revealed they still have at least one child living at home – proving it's getting more and more difficult for young people to strike out on their own. But although 82% of readers said their family can be annoying or distracting at times, a huge 94% rated helping family members in need as one of the most important aspects of family.



'Even though we are all different and have different lifestyles, we're always there for one another'

65%
*consider having
a close-knit family
one of the most
important things
in life*



*Anneka, 27, Nikita, 22, Nemisha, 24, and Roshan, 18, all live at home with
parents Mina and Mahesh Dhokia and grandmother Dudhi*

FROM LEFT: Mina wears: **Dress**, £20. **Bag**, £18. **Shoes**, £15. Anneka wears: **Dress**, £40. **Shoes**, £15. Dudhi wears: **Traditional dress**, her own.
Nikita wears: **Dress**, £18. **Necklace**, £18. **Shoes**, £15. Roshan wears: **Waistcoat**, £25. **Shirt**, £12. **Tie**, £5. **Trousers**, £25. **Shoes**, £30. Mahesh wears:
Waistcoat, £25. **Shirt**, £12. **Tie**, £8. **Trousers**, £25. **Shoes**, £30. Nemisha wears: **Dress**, £20. **Necklace**, £12. **Bag**, £18. **Shoes**, £15.
All Matalan, except traditional dress

HAPPY HOLIDAYS

While demands on our time – and our bank balances – seem to be ever growing, it's clear from the Red reader survey that this hasn't shaken our family values. If anything, it's made them stronger – it turns out having plenty of money is actually readers' least important thing in life, while having a strong and successful relationship is the single most important thing. Almost two thirds of readers also ranked family holidays as one of their most important things in life. And you don't have to go far, or spend a lot of money, to benefit from all the fun of a family holiday – 20% of readers now holiday here in the UK, come rain or shine.

59%
*of readers
rate family
holidays as
one of the most
important
things in life*

*'It's nice to
escape from
the city, take
time to
appreciate
the simple
things in life
and bond
as a family'*



Selina and Nick Warlow love to go camping with daughter Freya, aged one, and dog Betsy

Selina wears: **Jacket**, from £30. **Dungarees**, £16. **Hat**, £6. **Boots**, £20. Nick wears: **Hoodie**, £14. **Jeans**, £16. **Boots**, £35. Freya wears: **Dungaree set**, £10-12. All Matalan

86%
of us consider
our close friends
as family

CLOSE FRIENDS

If one thing's clear it's that family means many different things to different people. And you don't have to have children, or be in a relationship, to feel part of a family. In the words of one reader, 'Family isn't just about blood relatives. It's also about friends who you "adopt" or who "adopt" you – and who you love to spend time with.'



*'A family can be
a group of friends,
co-workers or colleagues'*

FROM LEFT: Helen wears: **Top**, £6. **Jeans**, £18. **Necklace**, £12. **Shoes**, £12. Katie wears: **Cami**, £6. **Necklace**, £8. Susa wears: **Jumpsuit**, £16. **Shoes**, £15. Jade wears: **Jacket**, £25. **Cami**, £6. **Culottes**, £16. **Shoes**, £15. All Matalan

#MODERNFAMILIES With family at the heart of everything it does, Matalan has worked for 30 years to provide outstanding value for modern families. Alongside leading behaviour expert Mark Earls, looking at the last three decades of family life, Matalan has conducted further research in order to define what modern family means today. To celebrate these results, Matalan is creating Britain's biggest family photo album. To get involved, simply share your favourite family portrait on Facebook, Instagram or Twitter using #ModernFamilies and help Matalan build a snapshot of British family life in 2015. Find out more at matalan.co.uk.

MATALAN
Made for Modern Families



Made for

*stylish spring-time
occasions*

Left to right:

Matthew 4 years old

4 Piece Suit: shirt, waistcoat,
trousers & bow tie **from £18**
Velcro Shoes **£5**

Tatum 3 years old

Dress **from £12**

Xavier 8 years old

Shirt **from £9**

Chino Shorts with belt **from £9**

Pumps **£6**

Angela

Lace Dress **£40**

Strappy Sandals **£15**

Arthur

Suit Jacket **£60**

Waistcoat **£35**

Trousers **£35**

Leather Brogues **£30**

Ariel

Pleated Midi Dress **£25**

Snake Print Courts **£15**

Amy 7 years old

Dress **from £16**

Sandals **£6**

Boy's
4 Piece Suit
From

£18





Women's
Midi Dress

£25



Products are subject to availability whilst stocks last. Some products may be available in selected sizes or stores only. Full terms and conditions apply. see www.matalan.co.uk or ask in store.

MATALAN

Made for Modern Families



FOR LIFE NOT LANDFILL

100% silk crepe

JIGSAW

STYLE & TRUTH

Fashion

Edited by NICOLA ROSE

SUPER MUSE

CHRISTY's
on the cover
(applause) and
we're so inspired
by her beauty,
PASSION and
activism. So
let's jump into
May in style:
think RETRO,
think lightweight
LEATHER,
think time to
cause a stir

Silk-mix dress,
£3,450; **brass**
ear cuff, £295,
both Louis Vuitton

Photograph Arthur Elgort

THE MOST BEAUTIFUL WOMAN IN THE WORLD

SHE ALWAYS WAS THE SUPER WITH A SOFTER SIDE,
AND WITH HER EVERY MOTHER COUNTS INITIATIVE,
CHRISTY TURLINGTON BURNS HAS PROVED HERSELF A POWERFUL
ADVOCATE OF WOMEN. HERE, SHE TALKS TO RUBY WARRINGTON
ABOUT ACTIVISM, HER MARATHON ADDICTION AND WHY
LAUGHING IS MORE IMPORTANT THAN SEX

Photographs ARTHURELGORT Styling NICOLA ROSE



All hail Christy:
mother, activist,
marathon addict

**Poly- and cotton-mix
T-shirt**, around £24,
Every Mother Counts.
Denim jeans, £220,
J Brand. **18ct rose gold
and diamond earrings**,
£1,660; **18ct rose gold
and diamond ring**,
£1,470, all Pomellato >>

'I'M STILL NOT DONE EXPERIMENTING WITH WHO I AM'



In conversation with Christy Turlington Burns, what strikes me immediately is how well I know her features. Every angle, every expression; the intelligent brown eyes, sensual mouth and elegant, aquiline nose. With 30 years at the forefront of the modelling industry under her belt, Turlington Burns' face has been a constant in the lives of women everywhere. She has graced the cover of over 500 magazines and fronted countless campaigns, but today we are here, in her downtown New York office (in a decidedly nondescript building), to talk about her most impactful role in the lives of women to date – that of childbirth activist.

It is five years since Turlington Burns, 46, founded Every Mother Counts, an organisation dedicated to raising awareness about issues women face in pregnancy and

childbirth, some of the statistics around which are truly shocking. Pregnancy is the leading cause of death in women aged 15 to 19 in the developing world, and up to 98% of these deaths are preventable (through increased medical supplies, education and training of birth attendants, and improved transport to healthcare services). 'I experienced complications myself with my daughter, Grace, and I guess my own experience of childbirth was the epiphany,' she says.

It's lunchtime on a frostbitten Wednesday and the takeout soup Turlington Burns has grabbed to fuel her between meetings is going cold as she talks about the cause, her passion for her subject palpable.

'What I realised was actually how lucky I had been,' she admits. 'So many women don't even get to choose when they become pregnant. They don't get to choose how many children they have. They don't get to choose whether they will be medicated, or have a natural birth. This is just how it is, and it's not an ideal way to bring life into the world.'

Her efforts with the foundation focus on highlighting these issues. 'If I have a goal, it's for as many people as possible to

be aware that this is an everywoman issue. For example, it's shocking, but the United States is actually one of eight countries around the world where maternal death rates are on the rise. So this is not just a problem in the developing world.'

As she talks, I take in Turlington Burns' appearance: her soft brown hair is scraped into a ponytail; her face, fine lines and full range of expression very much intact, completely devoid of make-up. She's wearing a simple cotton knit, a pair of Acne jeans and sheepskin-lined boots, which she later tells me were a Christmas gift from her husband, the actor-director Ed Burns.

With New York Fashion Week in full swing the week we meet, I was half expecting a designer-clad glamazon, but the role of busy working mother seems to suit her better, and anyway she says the term 'supermodel' has never sat well with her.

'THE SUPERMODEL THING... I FEEL LIKE PEOPLE ARE NOSTALGIC ABOUT IT FOR WHATEVER REASONS, BUT I DON'T LOVE IT,' she confesses.

'It's weird to be part of something that's considered to be such a phenomenon, but which I have very little feeling for.' She still sees some of the other original 'supers', though – in fact, she had dinner with Cindy Crawford a few weeks ago.

'Cindy's a couple of years older than me, so I always really looked up to her. She always had such a good sense of what she wanted out of modelling as a career. I still see her as a great person to ask if I ever need advice.' She smiles. 'I guess it's a bit like being in a band that split up. Except we're probably more friendly with each other than that.'

Born in Walnut Creek, a small town on the outskirts of San Francisco, California, Turlington Burns was 'discovered' riding a horse in Miami where her father was working as a training captain for the now-defunct airline Pan Am. She was just 14 when her career took off. It's not a surprise to learn that rather than her fellow models, the personalities she gravitated towards were often the hair and make-up people: 'They were always older. It felt like there was more security within those groups.'

Her career happened 'very naturally and easily', she says. 'I didn't have any nightmarish incidents, thankfully, but I got bored quickly. The appeal was the travelling, and the people I got to work with, but it was always a matter of time until I could do something else.' She kept waiting for things to slow down; they never did. 'So I realised I had to make it happen,' she says of her decision to 'quit' modelling and pursue a liberal arts degree in 1994, just as her notoriety on the catwalks reached its peak.

'I always had a lot of interests, and school allowed me to explore those. Trying on different careers since, that had nothing to do with how I looked, helped me become more confident with who I was. And I'm still not done experimenting with who I am.'

In previous incarnations, Turlington Burns has written a book, *Living Yoga*, and launched a line of yoga clothing, and before Every Mother Counts she became an advocate for maternal health, working with international humanitarian organisation CARE. Focusing on this issue full time with her own foundation, meanwhile, feels like her true life purpose. 'The universe opens up and lets you know when you're doing the right thing, and I've never felt that as clearly as I have with this,' she says.

And if she remains grateful for the light relief in the occasional modelling jobs she still chooses to do, not to mention the financial security of her long-standing contracts with Calvin Klein and Maybelline, she tends to avoid fashion week like the plague. What doesn't she like about it? 'I don't like anything about it! I never did. Now I feel like I have no reason to be involved, so for me it just creates a nuisance getting around the city.' Just this morning, she admits, 'I was walking home from the gym and there was a crowd of paparazzi outside a new show venue that's opened near my house. I was like, nooo, not in my neighbourhood! It was awful!'

Despite this, she clearly has a deep love affair with New York, where she moved in 1987 to pursue her modelling career – 'growing up in a suburb, as soon as I came here

I said, this is it, this is *me*.' Two children later, the love persists. Turlington Burns' daughter, Grace, is now 11; her son, Finn, just nine. 'I actually feel like it's the easiest place to bring up the kids!' she laughs. 'There's so much stimulation here that just walking around the block can be magical when you have kids. A taxi, a subway ride. Sure, it would be nice if there was more space for them to run and play at school, but other than that...' It helps that the family also has a place on Long Island,

'which I realise is very fortunate. Sometimes we'll just go for the day, because my daughter rides'.

DAILY LIFE IN THE TURLINGTON BURNS HOUSEHOLD, A LARGE LOFT SPACE IN TRIBECA, SOUNDS MORE FAMILIAR THAN YOU MIGHT EXPECT.

'None of us are very early risers, so we tend to run out the door.' The kids are at different schools now, so, she says, 'It's a case of divide and conquer. Ed was shooting a documentary for the past six months, which meant I was mostly doing the school run. But then I might get busy. It's all part of the balance.'

She and Burns have been together for 15 years, and are equally hands-on as parents. 'I was quoted recently saying the secret to a happy marriage is separate bathrooms,' she deadpans. 'But I also happened to find the right person who was also ready to be a parent and took it really seriously, and who has truly been a partner in every aspect of it. It's so nice to know you're not doing it alone.'

What else keeps them together? 'I think mutual respect. We're also both very normal people. We take pride in >>

“ I always really looked up to Cindy Crawford... I still see her as a great person to ask if I ever need advice ”



Satin jumpsuit,
£1,065, Maison
Martin Margiela
at Net-A-Porter.
Earrings, as before



Satin and acrylic dress, £2,150, Preen by Thornton Bregazzi.
Earrings, as before.
18ct rose gold necklace, £5,585; 18ct rose gold and diamond necklace, £3,245, both Pomellato »

being team players, and in people liking us, but not just to be liked. Ed takes his work seriously but can also have a good time, and I feel the same way.'

IF NOT EXACTLY A 'DATE NIGHT' KIND OF COUPLE,

Turlington Burns says, 'It also helps that 'we laugh a lot! I heard somebody say recently that while the sex might go eventually as a couple, if you can still laugh together that's the important thing. I feel like we definitely have that. I can make fun of him and he can make fun of me'.

All of which is not to say they haven't had their ups and downs as a couple, and Turlington Burns reveals that becoming parents was the ultimate test. 'We did all the early baby stuff ourselves; we never had baby nurses or anything like that. And if you're a person who's used to having your freedom, you do get resentful. But when you get to a point where you can laugh about it, you're like, "We've been through the trenches together." So that's also the stuff that can make your relationship strong.'

When it comes to their parenting style, 'Eddie's more cautious, so I get to be the laid-back one. I'm not a big disciplinarian. I really think of my kids as my equals and my teachers. Not that I can't wait to have a glass of wine with my daughter, I don't want to be that kind of friend to her. But I want her to feel like she can talk to me, and trust me.'

Having experienced the hypercritical nature of the fashion industry first-hand, what message would she like to pass on to Grace about body image? 'I want her to feel strong, able, fit, and be forgiving of herself,' she says – which sounds like the way Turlington Burns feels about her own physicality. Currently the global ambassador for ingestible skincare brand Imedeen, she says she likes the company because they encourage the idea of anti-ageing as part of a holistic, healthy lifestyle. Describing herself as 'no fuss, no muss' when it comes to her regime, she says, 'I've always had dry skin, and it only gets drier as you get older. I'm like, "As much oil and cream and moisture as possible!"'

She starred in a Calvin Klein lingerie campaign in 2013, aged 44, but says that even after two kids, 'I actually feel stronger and healthier than ever. Giving birth was probably the most empowering thing I've ever done physically. I was like, now I can do anything. I can run a marathon... I can run three!' In fact, she's already signed up to run her fourth – the London Marathon, in April – as part of an Every Mother Counts campaign to highlight the distance from proper care that prevents so many women from having a healthy birthing experience. 'If it wasn't for the organisation I probably never would have done it,' she says, but has found that the long training

'WHILE THE SEX MIGHT GO AS A COUPLE, IF YOU CAN STILL LAUGH TOGETHER THAT'S THE IMPORTANT THING'

runs 'are one of the few times I have complete solitude, and I really crave that sometimes'.

She says committing to the second one was easy enough: 'I thought, I have two kids, I have two marathons in me.' But then she did another. Turlington Burns wonders aloud if it was for her third child – the one she ended up not having. 'I wanted a third one for a while, but Eddie was like, "Let's just spend more time with the ones we have,"' she admits. Perhaps her desire came because she is also one of three. She is clearly devoted to both her sisters and her own mother, now 75, who she calls 'a great example of how to age gracefully', adding, 'She's definitely been a big influence in terms of the choices I've made.'

Which brings us back to choice – the choices around becoming a mother she hopes all women will be in a position to make one day. For now, she says, 'I think the most important thing is for women to see the sisterhood in motherhood. Sisterhood in being women, actually. It's really the capacity to give birth that unites us, more than the experience itself. It's about being there for each other.'

EVERY MOTHER COUNTS

Every year, 287,000 women die due to complications in pregnancy and childbirth. Every Mother Counts aims to raise awareness and make childbirth safe for every mother. The non-profit organisation works to improve maternal health, provide medical supplies and train health workers; everymothercounts.org.



For Christy Turlington Burns' life in pictures, visit REDONLINE.CO.UK

Hair: Jimmy Paul for Bumble and Bumble. Make-up: Moyra Mullholland at Bryan Bantry Agency. Nails: Ana-Maria at ABTPcom. Hairstylist's assistant: Lucas Wilson. Stylist's assistants: Chloe Forde and Pauline Lavenant. For stockist details, see the Directory. Additional photographs: Getty Images, Rex Features, Splash, Advertising Archives



Calvin Klein
underwear

Silk dress, £1,490, Fendi. **Necklaces**, as before. **Rings**, from left: **18ct rose gold and diamond**, £1,470; **18ct rose gold and diamond**, £1,000, both Pomellato



FROM TOP: Modelling for Calvin Klein in the 1990s; Linda, Cindy, Naomi and Christy – the original supers
RIGHT: With Red shoot photographer Arthur Elgort



FROM LEFT: With husband Ed Burns; Turlington Burns has run three marathons; on the catwalk in 1993



**A pussy bow and
knee-high boots turn
things up a notch**

Faux-suede coat, £970;
faux-suede skirt; silk
scarf, both price on
request; faux-suede
boots, £485, all
MaxMara. Acetate
sunglasses,
£158, Miu Miu at
Sunglasses Shop





ROLL WITH IT

SUBTLE HINTS NO LONGER SUFFICE; THIS SPRING
RETRO REACHES ITS CLIMAX. THINK EVERYTHING
SUEDE, KICKER FLARES AND A DIVERSITY OF
DENIM TO LET THE GOOD TIMES ROLL

Photographs COLIENA RENTMEESTER Styling SARAH CLARK



Channel the effortlessness of Lauren Hutton in a chunky knit, flared jeans and floppy hat for chic off-duty dressing

Wool-mix jumper, £280, Rebecca Taylor. **Denim jeans**, £240, Frame Denim. **Faux-suede hat**, £145, MaxMara

OPPOSITE: Retro, yes, but with suede panels, this tweed jacket is complete contemporary coolness

Beige tweed and brown suede jacket, £2,295, Miu Miu. **Sunglasses**, as before. **Brown and black leather shoes**, £515, Miu Miu







This neat navy coat looks just as great with jeans as it does with a super-short hemline

Wool coat, £3,200; polyamide top, £840, both Louis Vuitton

OPPOSITE: Luxe suede never looked so cool in this versatile tunic and cropped trousers

Suede blouse, £5,385; suede trousers, £3,995; leather shoes, £680, all Chanel



It's all about denim right now. Pair this indigo trouser suit with boundary-pushing boots for a playful touch

Denim jacket, £810; **denim trousers**, £330, both Tod's. **Acetate sunglasses**, £156, Dolce & Gabbana at David Clulow. **Suede boots**, £450, Hilfiger Collection

OPPOSITE: Layered over a light Lurex sweater, Hilfiger's cape is a three-in-one nod to the utility, pyjama-stripe and Seventies trends

Red and black cotton- and polyester-mix and gold Lurex cape, £840; **gold Lurex jumper**, £300; both Hilfiger Collection







A sexy flared jumpsuit just feels right. Add a Breton tee underneath if you're not quite up to going it alone
Linen- and viscose-mix jumpsuit, £1,255, Pucci. **Leather shoes** (just seen), £515, Miu Miu

OPPOSITE: Queen of relaxed cool Isabel Marant puts her own spin on the suede shirt.
Wear with flared jeans and boots for instant insouciant style

Suede shirt, £320, Isabel Marant at The Outnet. **Denim jeans**, £235, Frame Denim.
Sunglasses, as before. **Leather bag**, £1,295, Victoria Beckham. **Boots**, as before



A slouchy white trouser suit is chic and timeless, just ask Bianca Jagger

Wool jacket, £2,225; **wool trousers**, £890, both Giorgio Armani

OPPOSITE: Mix up a classic navy trench with a panelled leather skirt and denim shirt for modern colour-blocking

Cotton coat, £440, A.P.C. **Denim shirt**, £135, Michael Michael Kors. **Leather skirt**, £195, Topshop Unique. **Leather bag**, £465, Paule Ka. **Faux-suede boots**, £485, MaxMara



Model Myf Shepherd
at Next/Los Angeles.
Hair Jamal Hammadi
at Walter Schupfer
Management, using
Hamadi Organics.
Make-up Jenna
Anton. Stylist's
assistant Sophie
Hooper. Local
production Avenue 53



S/S 15's Seventies mood takes hold in this Belstaff suede coat with fringing, saying loud and clear you got the sartorial memo. Note: brown offset with baby blue is a fresh pairing that sings of summer

Suede coat, £2,650, Belstaff. **Leotard**, stylist's own. **Vinyl-coated leather skirt**, £850, Hilfiger Collection. **Leather bag**, £425, Coach

A long jacket and cropped trousers make the perfect all-suede uniform. Use accessories to add a pop of colour to this on-point new-season look

Suede jacket, £9,780; **cotton jumper**, £1,720; **suede trousers**, £3,995, all Chanel. **Acetate sunglasses**, £225, Céline at Sunglasses Shop. **Leather bag**, £1,060, Chloé. **Leather shoes**, £625, Bally

TOUGH LUXE

STRIKING SHAPES IN SUMMER-LIGHT LEATHER AND SOFTEST SUEDE ARE THIS SEASON'S HOTTEST TICKETS TO YOUR COOLEST LOOK YET

Photographs MAX ABADIAN
Styling STEPH STEVENS



Prada's play on shape and texture ticks the fashion-forward box. A shapely, embellished skirt finished with clogs is guaranteed to make a statement

Cashmere gilet, £655; **embroidered silk shirt** (worn underneath), £515; **leather skirt**, £3,060; **silk- and cotton-mix socks**, £80; **leather clogs**, £700, all Prada

Go wild for Louis Vuitton's runway-fresh tiger-stripe minidress. This bold look showcases leather at its spring-summer sexiest

Leather dress, £3,100; **polyamide top,** £885; **brass and resin earrings,** £550; **denim boots,** £840, all Louis Vuitton





An ankle-grazing A-line skirt looks modern teamed with white socks and pumps. Plus, JW Anderson is one of fashion's buzziest names right now

Leather top; leather skirt, both price on request, both JW Anderson. **Pearl, palladium and gold-finish earring**, £310 for a pair, Dior. **Cotton socks**, £10, Falke. **Canvas trainers**, £225, Hogan

Channel LA rock-chick attitude – think late 1960s/early 1970s – with a patchwork suede jacket and leather mini. Saint Laurent has it nailed

Suede jacket, £5,320;
leather skirt, £6,205;
leather shoes, £885,
all Saint Laurent
by Hedi Slimane



Work the leather and suede trend into your everyday wardrobe by seeking out smart separates. A neutral skirt in the shape of the season – A-line – is a great starting point

Leather jacket, £1,560, Emporio Armani. **Suede skirt**, £2,465, Michael Kors. **Earrings**, as before. **Leather shoes**, £670, Manolo Blahnik





Origami-esque
appliqué details
lend classic black
leather a luxe edge.
Sleek hair and a
single pearl earring
complete the look

**Cotton and leather
top**, around £390;
leather skirt, around
£2,900, both Fendi.
Earring, as before

Long leather coats go beyond retro this spring/summer. Keep things contemporary by styling with clean, simple pieces

Leather coat, £5,100, Dior. **Leotard**, stylist's own. **Sunglasses**; **socks**; **trainers**, all as before





Thigh-grazing suede skirts look cool and new teamed with boxy, bomber-style leather. This midnight-blue shirt from Hermès is a forever staple

Leather shirt, £3,660, Hermès. **Suede skirt**, £1,195, Bally. **Suede and brass bag**, £440, Chloé. **Shoes**, as before

Model Martha Streck at IMG Models. Hair Jamie McCormick at Eighteen Management, using Aveda. Make-up Jose Bass at Eighteen Management, using Chanel S 2015 and Chanel Body Excellence. Nails Lucy Tucker at One Represents, using Chanel S 2015 and Chanel Body Excellence Hand Cream. Stylist's assistant Sophie Hooper. Location, thanks to Big Sky Studios

Created just FOR YOU

Dull, blemished or tired-looking skin? Whatever your dilemma, there's a product made for you by The Body Shop

Want to make the most of the skin you're living in? It's all about finding 'the one'. That holy grail of products that can turn your skin from dull and tired to instantly glowing and luminous, or blast away blemishes and stop breakouts, leaving your skin smooth and clear. Luckily the team at The Body Shop® know that one product simply doesn't fit all, so they've devised a wide range of serums, creams, lotions and potions, all designed to help you get the best out of your skin, no matter what the type. Which is good news for the 47% of women* who admitted their skin suffers simply because they don't know exactly what they should be using on it.

It might just be time to try The Body Shop then. With an abundance of ranges, the one core attribute that ties them all together is the commitment to source the world's finest natural ingredients, which flood each of the products. From rainforests in Guatemala to mountains in Japan, each source is the very best, hand-picked and carefully nurtured to ensure it's of the highest possible quality.

So when the majority of women are spending as little as five to 10 minutes on their skincare regime, it's guaranteed that they are using highly effective products, each one tailor-made for the best results.

SKINCARE EXPERT



CAROLINE HIRON is a blogger and skincare pro

I love Drops of Youth Bouncy Sleeping Mask, it's so easy to use.

Just leave it on overnight, without washing off. It seals in your skincare products, so you can use it directly on your cleansed and toned face or on top of your serum, and it sinks into the skin for really deep conditioning. In the morning, my skin feels smooth, hydrated and plumped – and looks younger and fresher. There's no excuse for not doing your night-time skin regime now.

My skin is...

SHOWING SIGNS OF AGEING

A huge 68% of women* are already worrying about the effects of ageing on their skin, whether it's fine lines or the effects of modern life that's troubling them. But thanks to The Body Shop's clever Drops of Youth™ range, it's one less thing to worry about. Simply massage **Drops of Youth Concentrate** directly on to your skin, before applying dabs of **Eye Concentrate** and layering on the **Drops of Youth Bouncy Sleeping Mask** at bedtime, and the amazing **Wonderblur**, £16, during the day to leave your skin looking flawless.

Each one is enriched with plant stem cells, which boost the skin's natural renewal, leading to smoother and firmer skin. And what's even better is 98% of the ingredients used are of natural origin, with a very special secret ingredient. High up in the Alps, in some of the toughest weather conditions on earth, the edelweiss plant positively thrives, proving its incredible renewal properties. Carefully extracting its powerful plant stem cells means the Drops of Youth Bouncy Sleeping Mask can help your skin to repair quicker than ever.

- 1 Drops of Youth Bouncy Sleeping Mask, £22
- 2 Drops of Youth Concentrate, £24
- 3 Drops of Youth Eye Concentrate, £18





My skin is...

IN NEED OF SOME TLC

You know how awful you feel when you don't get a good night's sleep? Well, your skin feels it too, so it's no wonder that 78% of women* credit it as their skin's biggest obstacle, while others said sleep was their best beauty tip. But now, thanks to The Body Shop's Vitamin E range, you can trick your skin into looking and feeling truly rested, even after the worst night's sleep. How does it work? Making up for your body's inability to create Vitamin E on its own, the **Vitamin E Overnight**

Serum-in-Oil, £13, is packed with a potent blend of ingredients, including one of nature's biggest sources of Vitamin E, wheat germ oil. 'It's pure pleasure and performance for the skin,' agrees The Body Shop global skincare expert Dr Terry. 'Luxurious, lightweight oil with the power of serum to replenish and nourish tired skin with hydration overnight. It's beauty sleep in a bottle.' Simply smother on the oil and you'll wake looking refreshed and revived.





My skin is... **LACKING RADIANCE**

If you always end up with grumpy, dull-looking skin, it may be that you're using the wrong products. 'Understand when your skin gets "angry" and try to make it feel better by finding the right skin processes for your own skin,' as one tester advised. And you wouldn't be alone because 47% of readers asked* also felt they were using the wrong products. The key may simply be the untapped power of antioxidants. A good dose of vitamin C usually does the trick, helping you to detox and refresh your skin. Plus, The Body Shop boosts their Vitamin C range with camu camu berry, found in the depths of the Amazonian rainforest, which packs 60 times the vitamin C power of an orange. Try gently scrubbing your skin with the **Vitamin C Microdermabrasion**, to remove dead skin cells, enhance your natural radiance with a dose of **Vitamin C Skin Reviver**, and stop your skin from looking dull with the new **Vitamin C Glow Boosting Moisturiser** (available from May, but you can bag a free sample in store now**).

To further boost your skin's condition, treat your body to the **Fuji Green Tea Body Butter**, which is packed with the world's most famous antioxidants, picked from the heartland of Japan in the Mount Fuji region. The result? A huge dose of moisture that leaves skin feeling healthier and supple, while the potent tea helps to replenish and refresh.

- ❶ New Vitamin C Glow Boosting Moisturiser, £16
- ❷ New Fuji Green Tea Body Scrub, £15
- ❸ New Fuji Green Tea Body Butter, £13,
- ❹ Vitamin C Microdermabrasion, £14



'VITAMIN C is a great nutrient for overall skin health, helping to maintain plump, moisturised skin. It helps skin cell RENEWAL and regeneration, revealing skin that feels SMOOTHER and looks more glowing. It is also a POWERFUL ANTIOXIDANT, fighting against free radicals'
DR TERRY, GLOBAL SKINCARE EXPERT

My skin is...

PRONE TO BLEMISHES

We're all subject to the odd breakout, in fact 26% of women* are concerned about blemishes. But The Body Shop's cult Tea Tree range is the perfect companion for those tricky days. One of the best ways to keep skin clear? 'Cleanse, cleanse, cleanse,' as one tester said. The **Tea Tree Cool & Creamy Wash, £5**, cleans and purifies the skin, removing any impurities and excess oils, but without drying it

out, thanks to the addition of marula oil from Namibia and soya oil from Brazil. But it's the power of tea tree oil that blasts away any bacteria. Which is why **Tea Tree Oil, £7**, is the one product you should always have to hand. Sourced from the foothills of Mount Kenya, the leaves are hand-picked and steam-distilled to release the oil. Apply it directly for instant action.



My skin is...

FEELING SENSITIVE

Our skin can often bear the brunt of our day, whether it's been over exposed to the sun or been blasted by the wind. Luckily, The Body Shop has created the ultimate skin saviours. Sourced from Campeche farmers in south-east Mexico, their Aloe range contains 100% organic aloe vera, which will soothe and calm almost any skin condition, from insect bites to minor burns. How do they do it? Quality is key, so the succulent aloe leaves are hand-harvested, hand-washed and hand-filleted all within six hours, to ensure its absolute purity and optimum freshness. So whether it's an emergency dose you need in the form of **Aloe Soothing Gel, £8.50**, a regular treatment for sensitive skin with a gentle cleanse from the **Aloe Calming Facial Cleanser, £8.50**, or the **Aloe Protective Serum, £12**, which will give you extra hydration, each one helps to comfort that sensitive skin.



WIN TICKETS TO A BEAUTY MASTERCLASS

To celebrate a month of skincare secrets, must-know tips and the very best beauty advice from top beauty and industry experts, The Body Shop and Red are giving away free tickets to their exclusive events. To see what's in store and for your chance to win, visit thebodyshop.com/beautytruths before April 16th.

Receive a full skincare consultation in stores or visit Thebodyshop.com/skindiagnostic. Or why not host your own The Body Shop party? Call 0800 092 9090 and quote Red when booking.



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*Nielsen full year 2014 value sales

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L'ORÉAL PARIS

Beauty

Edited by ANNABEL MEGGESON

#MakeoverMay

A FACE-LIFTING LIPSTICK

'What spring does for the weather, lipstick does for your face – it transforms it.' So says founder of the excellent Lipstick Queen range Poppy King, who believes it's the perfect catalyst for renewal. That must be why this season's shelves are groaning with more beautiful lipsticks than ever; and why, with every shade and texture imaginable, there's never been a better time to pick a new colour, or a new sense of possibility. 

1 Clinique Pop Lip Colour + Primer in Wow Pop, £16

2 (& 13) Rimmel London Lasting Finish Lipstick by Kate Moss in 37, £5.49

3 Clinique (see 1) in Fab Pop

4 Bobbi Brown Sheer Lip Color in Pink, £19.50

5 (& 14) Dolce & Gabbana Matte Lipstick in Dolce

Lover, £26.50

6 (& 10) Max Factor Colour Elixir Lipstick in Ruby Tuesday, £7.99

7 Avon Ultra Colour Indulgence Lipstick in Royal Peony, £8

8 Burberry Kisses Lipstick in Coral Pink, £25

9 Elizabeth Arden Beautiful Colour Moisturizing Lipstick in Raspberry, £21

10 See 6

11 Avon (see 7) in In Bloom

12 Lipstick Queen Cupid's Bow Lipstick Pencil in Eros, £20

13 See 2

14 See 5

15 Clinique (see 1) in Poppy Pop

16 Avon (see 7) in Garden Rose; and

17 in Poppy Pink

18 Clinique (see 1) in Sweet Pop; and

19 in Punch Pop

See the best celebrity beauty transformations at REDONLINE.CO.UK

BEAUTY AND THE BLING

THE NEW INVESTMENT-PIECE JEWELS EXUDE UNDERSTATED GLAMOUR... MAKING THEM THE PERFECT MATCH FOR THIS SEASON'S QUIETLY GORGEOUS MAKE-UP

Photographs CHRIS CRAYMER
Styling MOUCHETTE BELL



TRY: MINIMAL AND MODERN MAKE-UP

'The secret of radiant, "minimal" skin is layering on the skincare,' says make-up artist Mary Greenwell, reiterating one of S/S 15's strongest beauty messages. To create this look, she used Chanel Hydra Beauty Sérum (£66), Crème (£50) and Eye Gel (£40), followed by tinted moisturiser – which she 'patted and patted' on using fingers only – and a cream blush. 'The more cream products you use, the more dewy your look,' says Greenwell. 'I used a creamy eyeshadow (Chanel Illusion D'Ombre in Mirage, £24) and a creamy lipstick (Chanel Rouge Coco in Antoinette, £25) to finish.'

WEAR WITH: Mismatched silver – accent super-fine chains with a statement cuff or masculine watch

Silver earring, £720 for a pair; **silver necklace**, £1,060; **silver cuff**, £2,840; **18ct rose gold, silver and diamond double ring** (on model's right hand), £2,200; **silver double ring**, £830, all Hermès. **Leather, stainless steel and diamond watch**, £5,010, Omega. **Cotton jumpsuit**, £130, Finders Keepers at Harvey Nichols



TRY: A VERY S/S 15 STAINED LIP

'This is such a modern way of wearing lipstick,' says Greenwell. 'You get a full-mouth effect without too much product, so it looks really fresh. Softly outline your lips with pencil, then fill in with lipstick before blotting the whole thing down. And don't put too much product in the centre of the mouth.' Here, Greenwell used Chanel Precision Lip Definer in Roux-Sienna (£19), followed by Chanel Rouge Coco Lipstick in Rivoli (£25).

WEAR WITH: Warm, textural gold details add a low-key-luxe edge

18ct gold necklace, £1,310; **18ct gold ring** (on model's left hand), £645; **18ct rose gold and leather watch**, £750, all Gucci. **18ct rose gold bangle**, £4,850; **18ct rose gold ring**, £1,610, both Cartier. **Silk dress**, £785, Paul Smith »

TRY: AN EASY SMOKY EYE + NUDE LIP COMBO

If there was one bold make-up gesture among the sea of bare faces for S/S 15, it was eyeliner. Which, in turn, begged for a pair of nude lips to set it off. For an easy version of this look, rim your lash line with a stay-put kohl in a dark chocolate shade (try Bobbi Brown Long-Wear Cream Shadow Stick in Espresso Bean; £20) and team with a creamy nude, like Chanel Rouge Coco Lipstick in Icône (£25), which Greenwell used here. Finish with lots of balm.

WEAR WITH: Don't be afraid to mix yellow, white and rose gold for a right-now twist

18ct white gold and diamond necklace, £2,675; **18ct white gold and diamond bangle**, £2,450; **18ct rose gold and diamond bangle**, £2,450, all Tiffany & Co. **18ct gold bangle**, £2,950; **18ct gold ring**, £1,650, both Theo Fennell. **Crepe dress**, £1,820, Lanvin »







TRY: AN ON-TREND EYE COLOUR

Purple and khaki were both big colours for beauty at this season's shows, but khaki is probably easier to wear. 'And anyone looking for an easy day-to-night look should try it in metallic. I just smudged this on with my fingers, blending a couple of different shades to create the pretty, green-gold effect,' says Greenwell. Get the look with Nars Eye Paints in Iskandar and Mozambique (£18.50 each) or Bourjois Color Edition Eye Shadow in Or Desir and Kaki Cheri (£6 each).

WEAR WITH: All your favourite cocktail rings... line them up and watch them shine
RINGS, FROM LEFT: **18ct rose gold, onyx and black diamond**, £2,015; **18ct rose gold, white gold and white topaz**, £1,555; **rhodium-plated rose gold and diamond**, £4,040; **18ct rose gold, white gold and garnet**, £1,555; **18ct gold necklace**, £7,260, all Pomellato. **Leather jacket**, £3,100, Saint Laurent by Hedi Slimane



TRY: SPRING'S GRUNGE-GARDEN NAIL

Gardens are always a welcome influence, but gone are the petal pinks – for this season, anyway – and in their place, pleasingly subversive tones of grass, flower and soil. Our model wears Butter London Nail Lacquer in Sloane Ranger (£12). It's part of the new High Tea collection, whose spot-on shades will help you nail a cool mani this spring.

WEAR WITH: Longer-length necklaces and rose-thorn hoops – perfect for sunny days
18ct gold earrings, £2,700; **18ct gold and diamond necklace**, £11,000; **18ct gold ring**, £1,450; **steel, 18ct rose gold, quartz, mother-of-pearl and diamond watch**, £7,100; **cotton jersey dress**, £1,850, all Dior »



TRY: THE NEW 'NAKED' CONTOUR

'Contouring can be flattering, but not when it means a stripe down the middle of your face!' says Greenwell, who recommends using powder in just one or two shades darker than your natural skintone and 'sweeping it lightly underneath cheekbone and jaw. Pat highlighter on the high points of the face – top of cheeks, brow, nose, cupid's bow, temples, chin – to create further dimension in a soft way'. Clinique's new Chubby Stick Sculpting Highlight (£19) makes light work of this last step.

WEAR WITH: This season's charms are sleek and chic. Layering similar pieces feels S/S 15-fresh
White gold and diamond necklace, £2,660; gold necklace, £1,550; white gold longer necklace, £1,520;
rose gold bracelet, £4,900; gold and white gold bracelet, £5,250; RINGS, FROM TOP: gold, £2,410;
gold and white gold, £2,620; rose gold, £1,690; leather jacket, £6,850; cotton bra top, £450, all Louis Vuitton

Model Frances Aaternir at The Hive Management. Hair Kerry Warn for John Frieda at The Milton Agency. Make-up Mary Greenwell at Premier Hair & Makeup, using Chanel. Nails Glenis Baptiste at Carol Hayes Management, using Dior. Stylist's assistant Koulla Sergi. Digital imaging Alex Dow. Location thanks to Big Sky Studios



TRY: THE PERFECT SIDE FRINGE

Top-of-his-game hairstylist Kerry Warn created this soft side fringe for our model, which he says 'works with any up-do and is instantly sexy and youthful. I did a low side parting and added a little weft of hair underneath, so it was still "real" hair on top, then swept the whole thing across and tucked it behind the model's ear, securing with pins and hairspray. It's a great way to switch things up and add a bit of definition and impact without drastic measures'. Try Goody (available at Boots) for easy-to-use hairpieces.

WEAR WITH: Black ceramic and white gold – an effortlessly cool combination

18ct white gold earrings, £2,096; 18ct rose gold and ceramic ring, £1,010, both Bulgari.

18ct white gold and diamond necklace, £3,300; ceramic and steel watch, £11,600;

18ct white gold and ceramic bracelet, £4,575; stretch-jersey swimsuit, £635, all Chanel

For more new-season beauty ideas, visit REDONLINE.CO.UK



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BEAUTY

#MakeoverMay

EVERYONE

HIT

REFRESH

It's spring, there's an undercurrent of individuality and strong statements among the style set, and empowerment is the mot du jour. If you want to change your look, the time is now »



THE ANGEL BOB

Why: Pale, oatmeal-y tones are the most modern direction for blondes, and the grown-out bob still looks super-chic and fresh



**A NEW JOB AS RED'S
STYLEDIRECTOR
INSPIRED OONAGH**

**BRENNAN, 42, TO BREAK OUT OF
HER WARM-BLONDE COMFORT
ZONE – AND SHE'S GLAD SHE DID**

Despite being happy to change my wardrobe every season, I haven't touched my hair for years. I don't always feel confident, and my long hair acts as a security blanket. I love short hair on other people, but as a visual person my fear is the hairstyle I imagine for myself won't tally with what actually happens in the salon. But seeing a photo of myself at a fashion show recently changed all that. The blonde shade looked neither pretty nor flattering, just 'blah', and the length of it dragged my features down. I wanted to look fresh, youthful and cool – and felt anything but. That and the new job were the push I needed to try something new.

My new collarbone length is super-flattering and is going to look great with the polo necks and pretty collars around at the moment. The pale, clean blonde is amazing – it lifts and brightens my whole face. I was so inspired by the change, I went straight from the salon to get another ear piercing, something I've always wanted but never dared to do. It's a brave new world, but I finally feel like me again. >>



**Oonagh
braved the
chop and
loves her new
confidence-
boosting style**

THE DETAILS:

Colour by Sally Northwood; cut by George Northwood, both at George Northwood, London, salon prices from £75; 020 7580 8195. Piercing by Love Hate Social Club, London, £99 including earring; 020 7221 9550

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eyes are in sight.

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A powerful, youth-activating cream
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area from temple to temple.

An innovative combination
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CLARINS



Sarah leaves her heavy make-up behind for a more natural look

THE BACK-TO-NATURAL

Why: *It's beauty's biggest message – skin, hair, everything natural. You can blame the 1970s free-spirit vibe, but glowing skin and born-this-way hair is more flattering than you think*



NORMALLY GLAMMED UP FOR WORK, SARAH-JANE CRAWFORD, 33, TV PRESENTER AND ST. TROPEZ AMBASSADOR, BRAVED NATURAL

STYLE WITH LUMINOUS RESULTS

Compared to most people, my work look is quite full-on – lots of lashes and foundation, a bright-red lip and always heels. It may be a lot for real life, but it works for TV and the red carpet, and I have to say, it makes me feel put-together. Perhaps it's my insecurity, but I feel a pressure to look polished, especially on *The X Factor*.

On my days off, I don't do much, but I never really let my hair go natural, so to be paring back for a shoot, rather than 'glamming up', feels very strange. But I've seen a few shots of myself

recently and thought, 'Wow, that's a bit much', so it feels timely to be taking myself out of my comfort zone. I love the way Errol's teased out my natural curls – it feels fresher. The same goes for my skin – the moisturisers and highlighter the make-up artist patted on are a departure from my normal foundation, but it looks more radiant. Who knows, maybe this is the look to persuade me less is more on camera?

THE DETAILS:

Hair styling by Errol Douglas MBE at Errol Douglas, London, salon prices from £40; 020 7235 0110. Skin finished using St. Tropez Skin Illuminator, £10.40

THE RED REFRESH



Why: *Red had a big moment last year and is still the coolest option for a complete colour change*



FEELING BRAVE, BEAUTY-INDUSTRY PROFESSIONAL RACHEL VOSPER,

41, WANTED A NEW IMAGE TO GO WITH HER NEW LIFE PHASE

Eighteen months ago I became a single mother and, having separated from an investor, the sole owner of a candle business. My baby is now

a happy, healthy toddler and my company is gaining momentum. A collaboration with Club Monaco and the restaurant Noma in Copenhagen, and working with the Dover Street Arts Club, are among the projects I've got on the go, and I'm wildly busy, but relishing it.

The radical hair change feels like the outward statement that I'm more at ease with myself than ever. I've managed a baby and a business and I'm feeling bold about the next phase of my life. I think the makeover – hair, crisp clothes and eye make-up – reflects that. It has taken my confidence to a new level, as seems to happen when I do something a bit scary and realise the sky hasn't fallen in! I have organised my clothes into the perfect capsule wardrobe and this hairstyle feels like the icing on the cake – the transformation that says I'm organised and in control. It's empowering.

Rachel embraces a radical hair change to make a true statement

THE DETAILS:

Colour by Josh Wood; cut by Gary Glossman, both at Josh Wood Atelier, London; salon prices from £70; 020 3393 0977

For more amazing makeovers, visit REDONLINE.CO.UK

MAX FACTOR X

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MASTERPIECE GLAMOUR EXTENSIONS 3-IN-1 MASCARA

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THE MAKE-UP OF MAKE-UP ARTISTS



‘SIMPLE’S new Kind To Skin
MICELLAR Cleansing Water is
the brand’s most advanced yet
GENTLE cleanser for instantly
HYDRATED skin’

Perfectly PURE

For a beautifully clean and instantly hydrated complexion, try Simple Kind To Skin Micellar Cleansing Water, ideal for sensitive skin, loved by all skin types

Fresh, glowing and healthy-looking skin – that's what we're all seeking, particularly with summer on the way when there's less need for full-coverage foundations. But great skin needs care and attention, nothing too astringent or irritating, which is why gentle cleansing and instantly hydrating Micellar Water is the latest must-have being lauded by beauty professionals. Perfect for removing make-up and impurities effectively, it's a favourite around the world.

Now, crafted especially by the leading sensitive skincare experts, Simple's new Kind To Skin Micellar Cleansing Water has arrived, and is the brand's most advanced yet gentle cleanser for instantly hydrated skin.

The triple purified Micellar Water is enriched with minerals and

multivitamins to effectively cleanse without drying out the skin, so it feels amazingly clean and instantly hydrated. Nothing is added – you can expect no baddies – it's just kind and caring to your skin.

Of course, we all know that not removing make-up before bedtime

is bad – pores get clogged and breakouts can occur, skin can get irritated and your complexion can begin to look dull. Which is why Micellar Water is an essential for your bathroom cabinet. Simply

apply to a cotton pad and wipe gently around the face and eyes to effectively remove all traces of make-up and help to unclog those pores. There's no need to rinse either, so you can use it anywhere, anytime. Skin feels fresh, revitalised and able to breathe. What more could you want?

'GENTLE cleansing and instantly hydrating Micellar water is the latest MUST-HAVE being lauded by beauty professionals'



MICELLAR FAQs

Simple answers to your cleansing queries...

WHAT MAKES SIMPLE MICELLAR CLEANSING WATER WORK?

Micelle technology is really impressive, enabling dirt, oil and make-up on your face to be trapped. It then dissolves impurities so they can be easily wiped away.

CAN YOU USE MICELLAR WATER IF YOU HAVE SENSITIVE SKIN?

Simple Kind To Skin Micellar Cleansing Water is designed even for sensitive skin. The purest possible ingredients are used so it's not only very effective but all skin types love it.

HOW DOES IT FIT INTO MY SKINCARE REGIME?

Use it as your daily cleanser, then follow with your usual skincare regime, i.e tone and moisturise, for clearer skin that glows.



3 steps TO HEALTHY, GLOWING SKIN

- 1** Apply a generous amount of Simple Kind To Skin Micellar Cleansing Water to a cotton pad.
- 2** Wipe the pad around the face.
- 3** Gently wipe around closed eyes (avoid getting into eyes). No need to rinse after.

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MASTERCLASS

MEMOIRS OF A BRIDAL MAKE-UP ARTIST

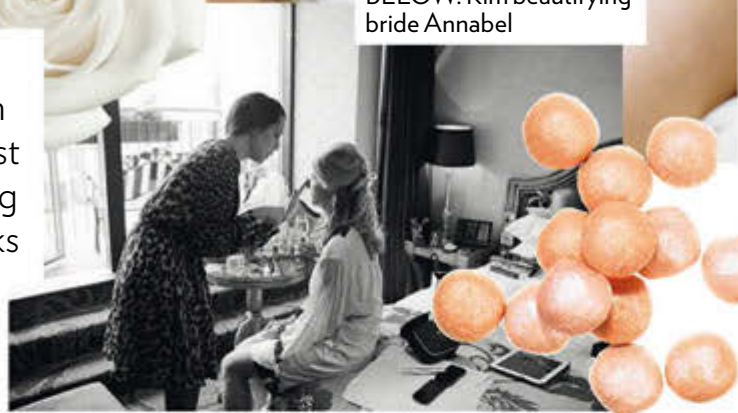
Red's beauty editor Kim Parker has dabbed and smudged her way through countless weddings as the make-up artist for her friends. When it comes to looking your big-day best, she knows all the tricks

They say that three times a bridesmaid, never a bride. I hope the same isn't true of the bridal make-up artist, because over the last five years I've made up 20 of my friends for their weddings – and often their mothers and bridesmaids, too. The upshot of all this, whether I ever get to the altar myself or not, is that I know a lot about wedding make-up.

It all started with Livvy, one of the first of my friends to get engaged. She planned to be married in a tiny village in the heart of the Cotswolds and it was going to cost her a small fortune in fees and taxi fares to have a professional make-up artist with her for the day, so she asked if I might step in and do her make-up in lieu of a gift.

I put together mood boards of looks that Livvy and I both liked (they're great for being able to pinpoint exactly what you want) and booked her in for a trial run next to the biggest window in my flat (because the make-up artist

A 'fresh, English rose-y look' is Kim's signature
BELOW: Kim beautifying bride Annabel



Mary Greenwell once told me, 'If your make-up looks natural in daylight, it looks natural in any light.')

Once we'd decided on the final look, I packed a finely honed edit of dewy tinted moisturisers, soft pink blushers and petal-toned lipsticks into a smart black holdall and toted it to Livvy's hotel room on the big day like some kind of fascinator-topped Avon lady. It all paid off. The fresh, English rose-y look I gave Livvy for her simple country ceremony, which has since become my signature look, was a hit – such a hit, in fact, that a mutual friend approached me at the reception to ask if I'd do her wedding make-up, too.

Since then, my trusty make-up kit and I have been on duty at around four or five friends' weddings a year (last >>

year, I even took it as far as a rose-strewn garden ceremony in Nairobi). And I've learned some brilliant beauty tricks along the way. I know that spritzing on a facial mist and gently massaging in a cooling, hyaluronic acid-rich serum (usually a bottle of SkinCeuticals Hydrating B5 Gel that's been chilled in the fridge or, in a pinch, an ice bucket) is the best way to de-puff and revive a sleep-deprived complexion or take down redness.

I also know that, because of the quality of digital photography these days, looking gorgeously glowy in your wedding photos is more about the prep you put in before the event than the make-up you wear. Having a few regular facials, adopting a great skincare regime and getting your brows professionally shaped (Benefit is the best on the high street) all mean it takes fewer products than you'd think to achieve a naturally pretty-yet-polished bridal look.

In the month before a wedding, I usually recommend two Liz Earle facials, a couple of weeks apart (or the same, if a friend's skin is tricky, with acne specialist Debbie Thomas; debbiethomas.co.uk), and layering a good hydrating serum, like Clarins Double Serum, under moisturiser, day and night. It never fails to give skin that juicy, plumped look (note: it's worth doing before any big event). Because, let's face it, most of us just want to look like ourselves on our wedding day – just ourselves at our most fabulously radiant. It's a look that works well for bridesmaids, mothers-in-law and guests, too.

You might think working as a wedding make-up artist might be a busman's holiday for a beauty editor, but I genuinely enjoy it. As the bride's make-up artist, I get to hang out with the star of the show for most of the morning, gossiping with her over champagne and getting excited with her about the day ahead; whereas if you're a guest, you're lucky to get two minutes with the bride.

I think it's worked out pretty well for my friends, too. 'I loved having you with me, instead of someone I might only have met once at a make-up test,' said one friend, about her wedding last October. 'I knew you

wouldn't make me wear fake lashes because you know I find them uncomfortable. And I appreciated the fact that when the hairstylist didn't get what I wanted and

I got embarrassed and tongue-tied, you knew exactly what to say.'

In fact, lending a sympathetic ear when things get a bit... er, political is often a big part of being a friend's make-up artist. 'When my mum started to really wind me up on the morning of my wedding, it was nice having you there to talk it all through with. It felt good to know you were on my side,' agrees my friend S (before asking me to guarantee her anonymity).

It hasn't always been all 'flowers and meringues' – there have been a few bumps along the way. Literally, in the case of one friend, who woke up on the day of her wedding with a spot on her chest so big we gave it a name – Boily. After tackling it with a dab of hydrocortisone cream (great in emergencies) and a generous amount of creamy concealer, I had a quiet word with the photographer about the possibility of airbrushing Boily out of the official wedding shots, like an unwelcome ex-boyfriend.

Another friend got so trashed at her reception, I actually had to hold her up whenever I needed to tidy her eye make-up in the bathroom. A word of caution to all brides-to-be: photography doesn't stop when the official photographer clocks off. No one wants their smudgy mascara all over Facebook. I always carry a packet of M&S Beauty Mascara Correction Buds for this very reason – they're perfect for tidying wayward liner or mascara.

Then there was the friend who, having had a sudden make-up change of heart just before she left for the church, went over the (tasteful, classic) look I'd done for her with a load of glittery eyeshadow and a thick layer of Barbie-pink gloss – her groom ended up wearing half of it after the ceremony. Then again, they were both wearing huge smiles, too.

If I've learned anything from all these weddings – whether big or small, in the city or the countryside, a train ride (Scotland) or a plane ride (the Moroccan desert) away – it's that as long as you're happy, you will look beautiful. Gloriously, achingly, breath-stoppingly beautiful. It's never about the make-up; it's all about love. It's why, whenever a friend asks, 'Do you want to do my wedding make-up?' my answer will always be, 'I do!' 

See Kim's favourite wedding-day make-up looks at REDONLINE.CO.UK

Kim's classic bridal make-up, as seen on friends Hattie (left) and Annabel (below)

The products that never let me down

This Works In Transit Camera Close-Up (£30)
A great primer that plumps skin and keeps make-up looking fresh for hours.



Urban Decay Original Naked Palette (£38)
I use this palette of chic neutrals more than any other. It also has smokier tones for the evening.



Max Factor High Definition Waterproof Mascara in Black (£9.99)
My go-to if the bride looks like a crier.



Becca Blotting Powder Perfector (£29) *Digital photos really emphasise shiny foreheads so I keep this translucent powder handy at all times.*

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FRAGRANCE TREND

PERFUME'S TOP NOTE

It's fresh, uplifting and thousands of perfumes couldn't exist without it. So it's about time boring old bergamot got a proper shoutout, says Annabel Meggeson

Hermès Le Jardin de Monsieur Li EDT, £59 for 50ml

Dior Eau Sauvage Cologne, £49.50 for 50ml

When a note is one of the most commonly used in perfumery, it can be taken for granted. Used to bring a citrus zing to hundreds of well-known scents, it's easy to dismiss bergamot as a bit boring. Yet without it, some of the world's best-ever fragrances wouldn't exist.

It may not be as sexy as tuberose, as exotic as incense or as romantic as rose, but this zesty oil, derived from the skin of the nearly-ripe bergamot orange, is relied upon by perfumers to provide a uniquely fresh top note to chypres, colognes (it's the mainstay of original cologne), florals and many more. Fresher than orange but not as bitter as lime, bergamot bursts, it sings, it uplifts. Not bad going for a boring citrus.

In his book *The Diary Of A Nose: A Year In The Life Of A Parfumeur* (Particular Books, £14.99), Jean-Claude Ellena describes the moment he visits a bergamot supplier in Calabria (where they grow the best bergamot in the world): 'The smell bowls me over, floods through me.' He normally tries to establish some distance from smells, 'the better to grasp them', but so enchanted is Ellena by the smell of bergamot that he 'can't get away from it. I let it wrap itself around me'.

Another perfumer whose love affair with bergamot has recently come into the spotlight is François Demachy, the principal nose for Dior. His reworking of its Eau Sauvage sees the men's classic leavened by the further addition of Calabria's finest, while retaining its sophisticated charm.

Other new-season showcases for bergamot: Diana Vreeland Smashingly Brilliant – out and out Mediterranean with bergamot the dynamic counterpoint to a warm, woozy base and inspired, like all the range, by the legendary magazine editor – and Hermès Le Jardin de Monsieur Li, where bergamot is used to hint at something more delicate.

Diptyque's Florabellio is a poetic composition that aims to defy definition via a list of ingredients, but the perfumer has used bergamot to create a level of lift and sunshine above earthier notes of wild violets, root and soil. And Byredo's much-loved Gypsy Water, where notes of bergamot balance a smoky heart, has been reinvented as a cool little spritz for hair. It's love all round for boring, brilliant bergamot. 

Diptyque Florabellio EDT, £58 for 50ml

Our 10 best classic bergamot fragrances at REDONLINE.CO.UK

Diana Vreeland Smashingly Brilliant EDP, £133 for 50ml, exclusively available at Selfridges

Byredo Gypsy Water Hair Perfume, £37 for 75ml

SHOPPING

SUMMER SKIN PREP

The hot weather may still feel a long way off, but put in the legwork now and when it's time for that Isabel Marant mini, you'll be ready

A little routine for your skin now makes a big difference to your summer wardrobe. Increase exfoliation from sporadic to twice a week and keep a body brush outside the shower, so you'll use it just before you step in. Adopt a speedy body lotion habit (you can up the ante with more thorough moisturisation once the weather warms), and stock up on oils, sprays and depilators for those finishing touches. 

Kai's Body Buffer (£33) is so soft, you can exfoliate several times a week. Soak, squeeze and use in circular motions.

Spray **Bliss** Hide & Glow Sleek (£30) on to limbs, holding it 10cm away for a foolproof glow that takes the edge off pale skin.

If it takes a luxe-y lotion to get you moisturising, **Dr Hauschka's** Rose Nurturing Body Cream (£24) is indulgent and beautifully scented.

Use **Legology** Air-Lite Daily Lift for Legs (£60) in the afternoon to relieve limbs that feel swollen or heavy.

A golden-tinted oil, like **REN** Moroccan Rose Gold Glow Perfect Dry Oil (£26) lends an expensive-looking sheen.

Keep **Filorga** Detox Body Treatment (£30) with vitamin E showerside or in your gym bag and kick-start your hydration regime.

Gillette's Venus Snap razor (£9.99) is a proper razor in mini form for on-the-go smoothing.

Beauty insiders swear by a daily body brush to beat cellulite. **Aromatherapy Associates** Polishing Body Brush (£15) is a classic. 

More of the **Red** team's favourite body products at REDONLINE.CO.UK

"There's more to Aussie than hair."



Why should my hair have
all the fun
in the shower?

NEW *Aussie Body Wash*



CHANEL'S L'INTEMPOREL DE CHANEL EYESHADOW PALETTE (£47) AND LE VERNIS NAIL COLOUR IN INTEMPOREL (£18) ARE INSPIRED BY THE BRAND'S CLASSIC 2.55 BAG, FAMOUS FOR ITS SILVER CHAIN. WE LUST.

Microtrend:

BLANKING OUT

It's the chicer approach to nail art that sees part of the nail left clear. 'It's clean, cool and gives a subtle 3-D effect,' says Madeline Poole, who created these little squares using Louboutin polishes (£36 each) at Cushnie Et Ochs A/W 15. Copy that.



IT'S BRILLIANT!

There's something about the way Erborian CC Crème HD (£36) breaks over skin to reveal a flawless, natural-looking base that's almost magical. Find out more about this amazing Korean-French brand at Redonline.co.uk.



UPDATE

BEAUTY NOTEBOOK

3 BEST... NEW LIP BALMS

Start with a slick of lip balm as part of your morning skincare routine and top up throughout the day.

HUED: This Works Energy Bank Tinted Lips, £15



HEALING: Charlotte Tilbury Lip Magic, £25



HANDY: L'Occitane Peony Tinted Lip Balm in Transparent, £12

For more of Annabel's favourite things, go to REDONLINE.CO.UK



LIP SERVICE

It's one of my favourite TV shows of all time, so I will be seeing out the last ever episodes of *Mad Men* with tears in my eyes, a Scotch in hand and... MAC Lipstick in Fanfare (£15.50) on my mouth. It's the one make-up artist Lana Horochowski uses a lot for Joan. She also loves Tom Ford lipsticks for the female characters, as 'the colours are great and the rich pigment lasts all day'. My rich memories of series creator Matthew Weiner's masterpiece will last a lifetime.

BEAUTY INSIDER

by ANNABEL MEGGESON



Whether you make it a manicure party or an 'everybody in red lipstick' day at work, half the fun of raising money for Look Good Feel Better's Feel Better Week will be deciding what beauty

event to put on. LGFB is the only international charity that helps women deal with the visible side effects of cancer treatment. We take them for granted, mostly, but our looks are so critical in making us feel confident, feminine and, above all, ourselves, it's impossible to imagine what it's like when they're diminished by harsh chemotherapy. The LGFB workshops and masterclasses introduce women to techniques and products they never thought they'd need, around everything from brow loss to skin problems, and the results help them transform the way they look – and feel. You can help LGFB by ordering a fundraising pack at lgfb.co.uk; and to witness the power of a LGFB makeover, go to Redonline.co.uk. It's inspiring stuff. 

This month I have been...

UNWINDING with Argan+ White Lavender De-Stress Bath Soak (£5.95); **STOCKPILING** the mini Dr Lipp samples you get in Birchbox's amazing packages; **HOPING** the IPL doesn't hurt.



"There's more to Aussie than hair."



Guess *what we've found out about*
Aussie girls?

They've got **bodies**. *Not just hair, but arms, legs,*
the whole package.

So, after years of performing miracles
on their hair, we've decided to

shower *(sorry) love and attention*
on the rest of them. Meet our new

Aussie Body Washes.

Fragrant, creamy concoctions that'll
leave your skin feeling as **soft** *and* **smooth**
as a **smooth** *landing*
on the surface of a **smoothie.**

Turns out skin loves **exotic** *Australian*
ingredients as much as hair does.

So give your **bod** *a taste of the bliss*
your hair's been experiencing
all these years. After all, who wants skin that's,
green with **envy?**



Spring awakenings

From inspired interiors to new-season-fresh fashion for all the family, now is the time to makeover your style (and your mood) with Next's spring collection



Spring has officially sprung. And with Next's magical mirrors, beautiful lighting and playful prints, it's never been easier to update your home with of-the-moment essentials. Far more than just a spring fling, these are pieces to invest in and cherish – forever
Juliette mirror, £150. Juliette dressing table, £450.
Bottles, £12. Trifle bowl, £14. Stool, £99
Kamila wears: Cropped jacket, £38. Maxi dress, £38. Sandals, £36. All next.co.uk



Clockwise, from top left: **Retro string lights**, £30. **Aubrey chandelier**, £160. **Fantasy chandelier**, £30. **Copper lantern**, £45 for a set of two. **Orb**, £20 for a set of two. **Star light**, £32. **Rugs**, from £40 each. **Pod**, from £70. **Gosford sofa**, £799. **Cushions**, from £10 each. **Throw**, £45
 Kamila wears: **Dress**, £30. **Sunglasses**, £15. **Bracelets**, £14. **Sandals**, £58
 Lily wears: **Cardigan**, from £13. **Skirt**, from £14. **Sunglasses**, £45. **Sandals**, from £22. All next.co.uk

Vibrant prints, fresh florals and crisp cotton – Next's covetable new-season collection is full of pieces that will put a spring in your step. Whether it's a pair of statement sandals for you or sweet-and-chic separates for your kids, spring cleaning your family's style is a breeze

Bunting, £12. **Coloured string lights**, £20. **Cushions**, from £12 each. **Soda glasses**, £9 for a set of four

Savana wears: **Playsuit**, from £12. **Hairclip**, £5 for a pack of five. **Pumps**, from £14

Lily wears: **Blouse**, from £13. **Jeans**, from £16. **Headband**, from £8. **High tops**, from £13. All next.co.uk



Shop the Next collection in stores nationwide or at next.co.uk. Order by 11pm for next-day delivery.* For more information, visit next.co.uk

next
NEXT.CO.UK

Dorset dresser, £550. Tonal tumblers, £7 for a set of four. Dinner sets, from £25 for 12 pieces. Mugs, £9 for a set of two. Wine glasses, £20 for a set of four. Newbury chairs, £199 for a set of two. Shaftesbury dining table, £499. Pineapple, £16. Votives, £7 for a set of four

Kamila wears: Shirt, £24. Shorts, £28. Bracelet (part of a set), £7. Sandals, £35

Lily wears: Dress, from £14. Headband, £6. Savana wears: Dress, from £22. Sandals, from £22. All next.co.uk

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Waitrose

Living

Edited by PIP McCORMAC

GARDEN STATE

Summer is about to bloom, but it needs a bit of prep work first. Yes, it's time for the dirty work of seed planting, with its promise of garden life and sunny days just a few weeks ahead. This year is all about colour blocking: boxes or borders of different varieties, all in the same shade. Think red roses next to poppies, marigolds with orange cosmos, or lavender and lilac. It's bold, it's beautiful, and it's best in show. 🌸

Scissors and trowel, for similar try Old Garden Tools. **Vintage seed packets**, from a selection, Pimpernel & Partners. **Jute twine**, £2.10 for a 60m ball, Pipii

More inspiration
for garden design at
REDONLINE.CO.UK

IT'S A JUNGLE IN HERE

From feathery ferns to glossy palms, the houseplant is back – and more beautiful than ever. Hang them high, pot them low and fill your home with leafy prints for an on-trend 1970s vibe

*Photographs POLLY WREFORD Styling SARAH KEADY
Plants THE JOY OF PLANTS SUPPLIED BY INDOOR GARDEN DESIGN*





BOTANICAL WALLPAPER WILL ENLIVEN ANY DARK CORNERS. GO FOR DEEP GREENS AGAINST A WHITE BACKGROUND

Canopy Saphir wallpaper

PCL661/07, £83 for a 10m roll, Christian Lacroix at Designers Guild.

Vintage drawers and stool,

for similar try The French House

FROM LEFT: Glass and wood

magnifying glass, £39.95, Liberty.

Concrete pot, from £26, Etsy.

Resin cockatoo, £36, Rockett St George.

Ceramic pot, £25, Designers Guild

OPPOSITE THE 1970S ARE

BACK, BRINGING WITH THEM

A HOTHOUSE FEEL. USE TALLER

PLANTS TO FILL DEAD SPACE

AND PRINTED CUSHIONS

TO SOFTEN RATTAN

FROM LEFT: Metal jardiniere,

£185, Plümo.

Ceramic pots (on

jardiniere), from £20 each, Designers

Guild. **ON FLOOR: White ceramic**

pot, £20, Designers Guild.

Grey ceramic pot, from £12, Indoor

Garden Design.

Rattan armchair,

£795, Graham and Green.

Cotton cushion, £29, Atkin and Thyme.

Cotton throw, £95, Toast.

Leather and glass coffee table,

£349, Dwell.

ON TABLE: Notebooks, from

a selection, House of Hackney at

Liberty.

Glass tumbler (on top),

£6.95, Selfridges.

Lab glassware,

£38 for a set of three, Design

House Stockholm at Amara.

Metal pineapple candle, £34,

Anthropologie.

Rattan chair, for

similar try Cox & Cox.

Polyester-

and linen-mix cushion, £8,

Tesco.

Metal side table, £365,

House of Hackney.

ON TABLE: Resin

bird, £15, Marks & Spencer.

Terracotta pot, £4,

Anthropologie.

Ceramic scented candle,

£79,

OKA.

Ceramic pot (underneath),

£25, Designers Guild >>



GROUP SINGLE STEMS AT DIFFERENT HEIGHTS IN OLD BOTTLES, VASES, OR EVEN TEST TUBES FOR A LIVING ART DISPLAY

Wood table, £695, Aria. **Lab glassware**, from £8.10 each, Jay. **Vintage glassware**, from a selection, Pimpernel & Partners

OPPOSITE BRING THE OUTSIDE INTO YOUR OFFICE SPACE – HANGING PLANTS MIXED WITH INDUSTRIAL FURNITURE WILL SURELY INSPIRE

Table, as before. **ON TABLE**, FROM LEFT: **Wood drawers**, for similar try The French House. **Grey ceramic pot**, £15, Pimpernel & Partners. **Vintage books**, for similar try Pimpernel & Partners. **Notebooks** (on top), from £8.50 each, Paperchase. **Twine**, for similar try Etsy. **Vintage scissors; glass bottles; dark grey ceramic tumbler**, for similar try Pimpernel & Partners. **Brass globe**, £39.99, Zara Home. **Glass paperweight**, £55, The Conran Shop. **Paints; paintbrushes; pencil**, all from a selection, Paperchase. **White ceramic brush pot**, £9.99, H&M. **Ceramic parrot incense holder**, £95, Plümo. **Vintage phone**, for similar try Etsy. **Other items**, stylist's own. **Vintage chairs; vintage trolley** (behind table), for similar try The French House. **ON WALL**: **British Library Collection wall chart**, £170, Surface View. **HANGING**: **Rope pot hangers**, from £15 each, Eleanor Bolton. **Ceramic pots**, from a selection, B&Q. **ON FLOOR**: **Wire basket** (far right), £12.99, H&M. **Ceramic pot** (inside), £35, Designers Guild »





The power of soft.





DARK WOODS AND BLACK FINISHES STOP FLORAL TABLEWARE LOOKING LIKE GRANNY'S HAND-ME-DOWNS

Cotton tea towel (used as background), £18, Heal's. **CLOCKWISE, FROM BOTTOM LEFT: Palm-print china saucer**, £50 (comes with cup), House of Hackney at Liberty. **Metal turtle tray** (on top), £24, Plümo. **Leaf-print porcelain dinner plate**, £5, Marks & Spencer. **ON TOP: Vintage linen napkin**, from £5, Pimpernel & Partners. **Dragonfly china side plate**, £34, Melody Rose at Shop Tent. **Glass tumbler**, £28 for a set of six, OKA. **Wood place mat**, £13, Heal's. **Vintage wood tray**, £50, The French House. **ON TRAY, CLOCKWISE, FROM TOP: Stoneware bowl**, £8, Habitat. **Glass and paper leaf tray**, £38.50, John Derian at Pentreath & Hall. **China saucer**, £32 (comes with cup), Lou Rota. **Stainless steel and plastic teaspoon**, £2, John Lewis. **Porcelain cup**, £28.50 (comes with saucer), The Conran Shop. **Fabric**, for similar try Pimpernel & Partners. **Glass insect tray**, £55, John Derian at Liberty. **Chipboard coaster**, £9.99 for a set of four, Zara Home »

**WAKING UP TO BOTANICALS
SETS THE TONE FOR THE DAY:
FRESH AND ENERGISING.
LAYER ZESTY PRINTS WITH
BLOCK-COLOUR GREENS**

FROM LEFT: **Ceramic pot** (just seen), from a selection, Indoor Garden Design. **Wood crates**, from £25 each, Design Vintage. **Metal bed**, for similar try Next. **Acrylic throw**, £44, OKA. **Cotton double duvet cover**, £39.99; **matching cotton pillowcases**, £19.99 for two, all Zara Home. **Lime cotton pillowcases**, £10 each, House of Fraser. **Metal and wood stool**, £69.95, Design Vintage. **Ceramic pot** (on stool), £10, Habitat ON. **WINDOWSILL: Terracotta pots**, from £20 each, Designers Guild



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FROM TOP: Relax in style at the Hyatt Regency Johannesburg; The Cornwall Hotel and Spa; and idyllic beach time in Kefalonia, Greece, all for less

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#MakeoverMay

STORAGE

WISH YOU *were* HERE?

Clutter-free
cupboards mean a
clutter-free life, right?

With a few simple
storage tweaks, this
sense of order – in all
things – could be yours

Words KAROLINA ROGALSKA

When was the last time you took an honest look in the back of your cupboards? When did you do a proper audit of the stuff you own, marking it against the stuff you need, or even want? Thankfully, a little organisation goes a long way and gaining control of your belongings makes a huge change to your home, your efficiency, not to mention your mental wellbeing. So make every nook and cranny count with clever storage solutions that best suit your needs and space. Whether that means perfect made-to-measure cupboards, versatile wall units, smart multitasking pieces or just a slightly new approach to what you already own, here are some simple, space-friendly ideas to contain clutter without compromising on style. Because who doesn't want their life to be that little bit more organised?

Order, order

Modern fitted wardrobes don't have to encroach on your space like traditional MDF ones used to. Paint the surrounding walls the same colour as the doors so the space reads as a whole, bringing a seamless sense of order and calm. And when building new ones, 'factor in space for hanging shelving, box drawers or extra rails', says Clotilde Passalacqua, Ikea's interior design leader. 'This not only allows clothes to be folded and tucked, but the drawers can be filled with storage dividers, which allow for accessories and clothing to be neatly separated.'





CLOCKWISE, FROM FAR LEFT:
Hopa wood hangers in natural eucalyptus, £2 for five. **Skubb polyester hanging storage with six compartments**, £8.50.
Bumerang wood hangers, £5.50 for eight. **Komplement plastic multi-use hanger**, £4.50. **Skubb mesh and polyester shoe boxes**, £9 for four. **Kallax wood shelving units**, £30 each. **Kallax painted plastic inserts with two drawers in white**, £16 each. **Drona cardboard and polyester boxes in black**, £2.50 each. **Kvarnvik cardboard boxes in grey**, £13 for three. **Knodd steel bin with lid**, £12. Rails, from a selection, **Pax wardrobe range**. All Ikea >

ALL CLEAR

Wire and mesh are the perfect materials for smaller spaces – they don't block the light, so stop an area from feeling enclosed. Here, individual pieces of freestanding furniture create flexible storage – hang them high or stack them low to make the most of both floor and wall space.

Wire wall rack, £70;
wire floor storage, £125,
both Graham and Green



DOUBLE DUTY

It's worth keeping an eye out for dual-purpose pieces to maximise what space you have. This slim freestanding mirror (above) doubles up as an extra storage drawer.

Oak mirror, £1,995, Pinch



Box it in

The humble wooden crate is the perfect way to hide all the brightly coloured clutter that comes with having kids. Wheeling them in and out from under the bed is – literally – child's play.

Wood crate on wheels, £64.95, Lullabuy



FILL THE SPACE

Identifying areas that are underused is key to increasing storage. Shelving built into the door surround reads as part of the architectural detailing of the room while allowing books to become display objects in their own right.



In plain sight

'Don't be scared to turn shoes or ceramics into works of art in a glass cabinet,' says Ikea's Clotilde Passalacqua.

FROM LEFT: **Glass, metal and wood cabinet**, £275; **glass and metal cabinet**, £150, both Ikea



Outside the lines

A striking sculptural form or subtle flash of colour can inject serious wow factor into a room. These bookcases are just as visual as anything you'd choose to place on them – both fun and functional.

Painted metal bookcases, from £670 each, Gino Carollo for Bonaldo at Go Modern

LOOK UP

Keep the floor area clear to create a feeling of space. Wall-mounted systems don't have to be expensive: go with simple shelving combined with boxes from high-street stores like The Holding Company. Perfect for stashing everything from documents and stationery to accessories and toys. »



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IKEA VOUCHERS
SEE OPPOSITE
FOR HOW TO
ENTER

BUILDING BLOCKS

We've all got awkward corners, whether under stairs or around boiler units. Ikea has the answer with these storage modules, which can be stacked in any arrangement you have the space for, making the most of every nook and cranny.

PS 2014 bamboo storage modules, £20 each. **PS 2014 bamboo tops for storage modules**, 35 x 30cm, £7 each. **PS 2014 bamboo tops for storage modules**, 25 x 30cm, £4 each. **Gaddis bamboo basket**, £5. All Ikea



THE FUN FACTOR

You can trick children into thinking even tidying up is playful, with a pegboard. Let them put their favourite possessions on view.

Peg-it-all solid wood wall-mounted storage panel, £198, Clippings

3 of the best
cabinets



Oak cabinet,
£799, Conran at
Marks & Spencer



**Mango wood
sideboard**, £399,
Swoon Editions



Wood bookcase,
£295, Bloomingville
at Furnish.co.uk

Clever multitasking

A coat rack and welcome seat?

This bench even has under-seat storage, too.

Wood bench, £595,
Primrose & Plum



In the round

Curved shapes help the flow of a space, creating a softer impression than hard corners. Plus, who doesn't love a drinks trolley?

FROM LEFT:
Wood unit, £129,
Bloomingville at Amara.
**Brass and marble
drinks trolley**, £325,
Rockett St George



The best buys for
small-space storage at
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Glass terrarium and plant, £59.95, The Urban Botanist



Concrete and wood planter, £89, Dwell



Metal hanging plant pot, £50, Out There Interiors



SHOPPING

GROWTH INDUSTRY

From corner pots to hanging plants, it's easy being green. Indoor gardening, with no trowel required

Wood planter, £47.50, Tanti



Fibreglass planter, £65, Habitat



Concrete and steel plant pot, around £25, Studio Joa Herrenknecht at Clippings



Reclaimed oak and ceramic planter, £80, Jam Furniture



Ceramic plant pot, £20, Incognito at Notonthehighstreet



Plastic planter, £58.80, Yu Hiraoka Design at Clippings

The best small garden ideas at REDONLINE.CO.UK

Metal planter, £18, Traidcraft



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Silk- and cotton-mix cushion, £110, Christian Lacroix at Amara

Cotton cover, £35.91, Escape To Paradise at Etsy

Silk cover, £125, Kristjana S Williams at Liberty

Cotton cushion, £48, Baroque & Roll

Cotton- and linen-mix cover, £25.99, Zara Home

Linen and silk cushion, £95, Designers Guild

Silk satin cushion, £110, Designers Guild

Silk cover, £135, Kristjana S Williams at Amara

THE HOT SEAT

Cotton- and linen-mix cushion, £12, BHS

Cotton-mix cushion, £12, Very

Cotton cushion, £50, Martha and Hepsie at Notonthehighstreet

Indulge in a little tropical splendour with our pick of summer's brightest cushions

Cotton- and linen-mix cushion, £56, Kith & Kin

Silk- and cotton-mix cushion, £110, Christian Lacroix at Occa-Home

Wool cushion, £160, Cushlab

More new home accessories at REDONLINE.CO.UK

Raw courgette
salad with chilli and
lemon (page 246)

VEGETARIAN RECIPES

DELICIOUSLY MOORISH

Spices, herbs and freshness burst out of Moro chef Sam Clark's meat-free menu. A lightness of touch, and even lighter flavour

Photographs LAURA EDWARDS Food styling SUNIL VIJAYAKAR Prop styling SARAH KEADY



A pinch of paprika and saffron, or cinnamon and cumin, or perhaps allspice with caraway. These are the aromas of chef Sam Clark's food, gently fragrant the kitchen and the air. They come from ideas brought back from Spain, Morocco, Turkey and Iran, from dishes tasted and markets visited. 'Loud and hot, the smells of Moorish influence are wonderful,' she says. 'Just last week I was at a fish market in Jerez, southern Spain, filled with the most incredible produce. I yearn to go back.' The next best thing to a return trip is a transportive memory hastened by food. 'Whenever we eat like that in the UK, it takes you back to the moment you first had it,' says Clark.

In London, she is the co-head chef of Moro and Morito, two Moorish-inspired restaurants in Clerkenwell [with her husband, also called Sam], and the author of a collection of recipes and travel memoirs, *Morito* (Ebury Press, £26). Both restaurants are relaxed, ambient, inviting – Morito serving buzzy sharing plates; Moro, the more traditional two courses. 'Food should always be social and convivial,' says Clark.

Neither of the Sams are vegetarian, but come spring they tend to eat this way, inspiring this collection of new meat-free recipes for *Red*. 'The beauty of vegetarian food is in the endless array of ingredients, it's zingy and light and leaves you really satisfied,' Clark says, as we survey the abundance of flavour and freshness on the plates to be photographed. 'The vibrancy of veg just makes you feel good.' » Moro.co.uk

Asparagus with yoghurt, caramelised butter and walnuts (page 242)

ASPARAGUS WITH YOGHURT, CARAMELISED BUTTER AND WALNUTS (page 241)

Nothing beats asparagus when it's in season, as it is now. Served simply, you get the true essence of the flavour – this is just as good on its own as when served on the side. The combination of yoghurt and caramelised butter is classically Turkish and so good with so many things, from green veg to fish.

SERVES: 4

PREPARATION TIME:

10 minutes

COOKING TIME: 3 minutes

- 50g butter
- 1kg firm green asparagus
- 200g Greek yoghurt
- 1 small garlic clove, crushed to a paste with 1/2 tsp salt
- 1 tbsp lemon juice
- 3 tbsp extra-virgin olive oil
- 1 tsp Aleppo chilli flakes (available from ottolenghi.co.uk), hot paprika or cayenne
- 100g walnuts, toasted and roughly chopped

1 Melt the butter in a small saucepan over a medium heat. Once it has turned a golden brown, it has caramelised. Remove and stir well to lift the tiny golden nuggets stuck to the bottom of the pan. Keep warm.

2 Snap off and discard the woody ends from the asparagus. Rinse the remaining stalks with water and place in a colander. Mix the yoghurt with the crushed garlic and loosen with water if it is too thick – you want it to be pouring, rather than clumpy.

3 Bring a deep saucepan of salted water to the boil. Add the asparagus tips end up and put on the lid. Boil for two to three minutes or until tender, depending on the thickness. They should not be crunchy. Drain carefully then dress with the lemon juice, olive oil, and some salt and pepper. Lay the asparagus on a warm plate, pour the yoghurt over the asparagus, spoon over the caramelised butter and sprinkle with the chilli flakes and walnuts.



**Beetroot and
almond dip**

BEETROOT AND ALMOND DIP

Bright, visual and delicious, this is good with crunchy green salad or as a side to fish. A similar purée made with green olives and almonds is also wonderful.

SERVES: 4

PREPARATION TIME:

10 minutes

COOKING TIME: 35-40 minutes

- 2-3 raw beetroot (around 400g)
- 100g whole blanched almonds
- 1/2 garlic clove, peeled and crushed to a paste with salt
- 3 tbsp extra-virgin olive oil
- 2 tbsp sherry vinegar or a good-quality red wine vinegar with a pinch of sugar
- 2 tbsp fresh dill, chopped (optional)

1 Wash the beetroot but don't peel them. Put in a saucepan, cover with water and bring to the boil. Cook for 35 to 40 minutes or until just tender, topping up the water if necessary. The beetroot is ready when a sharp knife goes through easily. Drain and leave to cool, then peel.

2 Meanwhile, grind the almonds in a food processor until they're as fine as possible. Gradually add around 150ml of water and process until the almonds form a paste. When all the water has been incorporated, add the garlic and olive oil. Roughly chop the beetroot and add to the almond paste along with the vinegar and dill, if using, and blitz until almost smooth. Transfer to a bowl and check seasoning – it can be kept covered in the fridge for a couple of days.

RAISIN AND SAFFRON PILAF WITH SPINACH AND TAHINI SAUCE

An exotic Iranian-inspired rice scented with sweet spices, nuts and fruit, and given bite by the crispy onions. Serve with a leafy green salad and tomatoes on the side.

SERVES: 4

PREPARATION TIME:

35 minutes

COOKING TIME: 30 minutes

- 300g basmati rice
- 1 pinch saffron
- 450ml very hot vegetable stock, plus 4 extra tablespoons
- 125g butter
- 2 large onions, peeled
- 300ml sunflower oil
- 2 tbsp tahini
- 200g Greek yoghurt
- Juice of 1/2 lemon
- 2 tbsp extra-virgin olive oil
- 400g spinach
- 4cm cinnamon stick or 1 rounded tsp ground cinnamon
- 1/2 tsp ground allspice (or clove)

- 25g currants
- 75g whole blanched almonds, toasted lightly and roughly chopped
- 1 tbsp chopped flat-leaf parsley
- Lemon wedges to serve

1 Start by soaking the rice in salted water for 30 minutes. Soak the saffron separately in four tablespoons of vegetable stock and 25g of the butter. While they're soaking, slice the onions as thinly as you can, ideally with a mandolin. Heat the sunflower oil in a large, deep saucepan. When the oil is hot, add half the onions and cook over a medium heat, stirring until they are an even golden colour. Remove them with a slotted spoon and drain on kitchen paper. Repeat with the remaining onions.

2 To make the tahini yoghurt, put the tahini, yoghurt, lemon juice and olive oil in a bowl, season with salt and pepper and mix well. If the mixture is too thick, loosen it with a splash of water. Set aside.

3 Bring a large saucepan of salted water to the boil and blanch the spinach for a minute. Drain in

a colander and refresh under cold water. Squeeze to get rid of excess water, transfer to a bowl and set aside.

4 Heat the remaining butter in a medium saucepan with the cinnamon and allspice for two to three minutes, until the butter begins to foam and is infused with the spices. Then add half the crispy onions followed by the currants and the almonds and stir well. Add the rice to the pan, stir for a minute or two, then pour over the remaining vegetable stock and stir well. Check the seasoning. Cover with a tight-fitting lid and cook over a high heat for five minutes. Reduce the heat to low and simmer for a final five to 10 minutes, until the rice is cooked.

5 Remove the lid, check the rice for seasoning and gently stir in the spinach to warm through, then drizzle with the buttery saffron water. Replace the lid and leave to rest, off the heat, for five to 10 minutes. Top with the crispy onions and parsley and serve the tahini sauce on the side with a lemon wedge. >>



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FRIED AUBERGINES WITH GREEN APPLE, WHIPPED FETA AND DATE MOLASSES

Very Moorish in origin, with added zing from the feta and apple. Serve as a light lunch or as one sharing bowl. Find date molasses at ottolenghi.co.uk, or use half runny honey and half black treacle, mixed together.

SERVES: 4

PREPARATION TIME:

35 minutes

COOKING TIME: 10 minutes

- 2 medium aubergines sliced into circles around 1cm thick

- 200g feta cheese
- 150ml olive oil, plus 1 tbsp extra
- 150ml sunflower oil
- 8 tbsp chickpea/gram flour (or plain flour) on a plate
- 1-2 Granny Smith apples, cored and cut into matchsticks (prepare at the end or they will discolour)
- 4 tbsp date molasses

1 Place the aubergine rounds in a colander and toss with a large pinch of fine sea salt, leaving for 30 minutes to get rid of any excess water and bitterness. Meanwhile, place the feta in a food processor with one tablespoon of olive oil and one tablespoon of water and whizz

until smooth, light and soft. Transfer to a bowl and chill.

2 Dry the aubergines on kitchen paper. Heat both oils in a wide, deep frying pan until hot but not smoking. Coat each aubergine slice in the flour, dusting off any excess, and carefully place enough slices to form a single layer in the pan. Fry in batches until golden brown and crisp on both sides. Transfer to kitchen paper to absorb any excess oil, sprinkle with salt and keep warm in the oven while you fry the other slices. Serve immediately with the apple matchsticks and whipped feta drizzled with date molasses. >>



RAW COURGETTE SALAD WITH CHILLI AND LEMON

Fresh, light and lemony, this salad is ripe for eating outside, or by a window, with light pouring in. A taste of the summer. For any non-vegetarians, this goes well with a scattering of cooked prawns.

SERVES: 4
PREPARATION TIME: 10 minutes

- 3-4 medium courgettes
- 1 tbsp lemon juice
- 4 tbsp extra-virgin olive oil
- Zest of 1/2 lemon
- 1 tbsp flat-leaf parsley, roughly chopped
- 1 tbsp finely shredded mint
- 1 tsp fresh red chilli, deseeded and finely chopped
- 75g whole blanched almonds, lightly toasted and roughly chopped

1 Wash the courgettes, cutting off the tops and tails. Slice into very thin rounds, ideally on a mandolin. Place in a bowl and season lightly with salt and pepper, then add the lemon juice and olive oil. Toss well and spread over a large plate, arranging the courgettes decoratively in circles.
2 Scatter the lemon zest, parsley, mint, chilli and almonds over the courgettes. Lightly season and eat immediately.



More vegetarian recipes
at REDONLINE.CO.UK

MOROCCAN ARTICHOKE VINAIGRETTE WITH TOMATOES, CUMIN, CHOPPED EGG AND CORIANDER

This Moroccan dish comes direct from Marrakech, and is light and delicious as part of a dinner party. Set a platter in the middle of the table for guests to throw discarded leaves into – it's convivial and relaxed.

SERVES: 4
PREPARATION TIME: 15 minutes
COOKING TIME: 30-40 minutes

- 4 large globe artichokes, well rinsed
- 6-8 good-quality tomatoes
- 1 level tbsp Dijon mustard
- 2 tsp cumin, roughly ground
- 1 small garlic clove
- 1/2 tbsp lemon juice
- 1/2 tbsp red wine vinegar with a pinch of sugar
- 100ml extra-virgin olive oil
- 100ml sunflower oil
- 4 eggs, hard boiled and chopped
- 1 tbsp red onion, finely chopped
- 2 tbsp coriander, roughly chopped

1 Set a large, deep stainless steel saucepan filled halfway with water over a high heat and bring to the boil. Snap off and discard the artichoke stalks, and level the base with a knife so they can sit upright. Then trim the tips of the leaves with scissors to neaten. When the water starts to boil, add the tomatoes and leave for 10 seconds. Scoop out and cool under running water. Drain in a colander, peel, seed and roughly chop.

2 Bring the water back to the boil and add the artichokes. Cover with water and simmer for 30 to 40 minutes. To check if they are ready, pull out a leaf about halfway down – if it comes out easily, it is done. Drain upside down in a colander for five to 10 minutes.

3 Meanwhile, make the dressing. Transfer half the tomatoes, the mustard, cumin, garlic, lemon juice and vinegar to a food processor. Season, whizz until smooth, then slowly pour in the oils until both have been incorporated and are emulsified. Check the seasoning and set aside. When the artichokes are ready, stir the remaining tomatoes, eggs, onion and coriander into the dressing and transfer to separate serving bowls. ■

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EARLY SUNSHINE RECIPES

SUMMER DREAMING

Bursting with light, warmth and summery flavours, Rosie Birkett's recipes taste like a ray of sun on your plate. For when you're eating al fresco, or simply wish you were

Photographs HELEN CATHCART

SMOKED TROUT WITH GRIDDLED LEMON, CUCUMBER AND SOURDOUGH CROUTONS

Scandinavian in tone thanks to the pickles and smoked fish, this dish takes ingredients you may have lying around – lemon, cucumber and bread – and transforms them into something special.

SERVES: 2

PREPARATION TIME:

10 minutes

COOKING TIME: 8 minutes

- 1 tbsp caster sugar
- 1 tbsp cider vinegar
- 2 radishes, finely sliced

- 2 baby cucumbers, cut in half lengthways and quartered
- 1 lemon, cut in half
- 1 slice sourdough bread
- 6 tbsp olive oil, plus extra for grilling
- 2 tbsp roughly chopped dill
- 2 smoked trout fillets, skin removed
- Borage flowers, to garnish (optional)
- 4 tsp plain natural yoghurt, to serve

1 Dissolve the sugar in the vinegar in a small bowl and drop in the radish slices to quick-pickle while you get on with everything else. Heat a griddle pan over a high heat until it's steaming hot and scatter with a pinch of sea salt. Brush the cucumber pieces, cut sides of the lemon and sourdough bread with olive oil and griddle for around eight minutes, until there are

black grill marks on them, turning the bread and cucumber once.

2 When the ingredients are grilled, remove from the heat and squeeze the lemon juice into a bowl with the olive oil. Whisk with a fork, add the dill and a pinch of salt, and whisk some more, until well combined. Cut the sourdough into croutons.

3 Drain the radishes from their pickle liquor and place on kitchen paper to absorb the excess vinegar. Divide the cucumber between two plates and flake over the smoked trout. Top with the radish slices and drizzle over the dill and lemon oil. Scatter over the sourdough croutons and borage flowers, if using, and finish each serving with a couple of teaspoons of natural yoghurt. »



PANZANELLA

This Tuscan salad is an ingenious way to use up any stale sourdough or crusty bread. Because this dish is so simple, it's important to use the best ripe tomatoes, olive oil and bread.

SERVES: 4
PREPARATION TIME:
10 minutes

- Handful of fresh basil
- 4 tbsp extra-virgin olive oil, plus extra for drizzling
- 1 tbsp salted capers, rinsed
- 300g day-old sourdough, in chunks
- 500g ripe heirloom tomatoes, washed and sliced, reserving the seeds and juice
- 10g black olives, pitted and sliced
- 1/2 red onion, finely sliced
- 1 tbsp red wine vinegar

1 Blitz the basil leaves (leave a few whole for garnish) in a processor with the olive oil and capers, or finely chop the basil and capers by hand and stir into the olive oil if you prefer. Transfer to a bowl and add the sourdough chunks. Toss in the herby caper oil.

2 Place the tomatoes, squeezing some of them to release their juice, in a large salad bowl along with the



Perfect dishes for al fresco entertaining

reserved seeds and juice, and mix with most of the olives and red onion, and some more olive oil. Season with salt and pepper and add the vinegar, stirring to coat. Add half of the herby caper oil and all of the sourdough, and mix to make sure the bread is coated in all the juices.

3 To serve, transfer the salad to a serving platter, layering the tomato slices, olives, onion and sourdough. Drizzle over the remaining herb oil and garnish with fresh basil leaves and the remaining red onion and olives. Season again, then devour.



FIG, ROCKET AND GORGONZOLA SALAD WITH MAPLE DRESSING

One of the simplest, tastiest ways to use soft, fresh figs is as the basis for a salad. Because they're naturally sweet, figs work best mixed with other bold ingredients like peppery rocket, salty blue cheese such as Gorgonzola, and a simple dressing.

SERVES: 4
PREPARATION TIME:
10 minutes

For the dressing:

- 1 tbsp freshly squeezed lemon juice
- 1 tbsp maple syrup
- 2 tbsp olive oil

For the salad:

- 30g flaked almonds
- 6 ripe figs
- 100g rocket
- 40g Gorgonzola cheese, torn into pieces

1 Whisk all the dressing ingredients together with a pinch of salt in a small bowl and set aside. For the salad, put the almonds in a dry, non-stick frying pan and toast over a medium heat for a few minutes, until they're golden but not too dark brown. Set aside.

2 Slice the figs and lay them and the rocket on a salad plate, toss with the lemon and maple dressing, and season with a little salt and pepper. Scatter over the Gorgonzola and toasted almonds and serve.

BROCCOFLOWER CHEESE PIES

These tarts are ideal to welcome guests. Pretty, fresh and a bit decadent, they can be made well ahead. If you can't find romanesco, use cauliflower and/or broccoli.

MAKES: 12 pies

PREPARATION TIME: 20 minutes

COOKING TIME: 30-35 minutes

- 500g shortcrust pastry, chilled
- Plain flour, for dusting
- 1 romanesco cauliflower, cut into little florets, stalks discarded
- 3 eggs
- 150g pecorino, finely grated
- 30g Parmesan, finely grated, plus extra to finish
- 30ml double cream
- 150ml whole milk
- Pinch of red chilli flakes

1 Preheat the oven to 180°C/gas mark 4 and lightly grease a 12-hole muffin tin with butter. Roll out the chilled pastry on a lightly floured work surface to 2 to 3mm thick and cut out rounds slightly bigger than the holes in the muffin tin. Line each hole with the pastry so it's level with the top of each hole. Chill the pastry for 15 minutes, then use a fork to prick the base of each case. Line with pieces of baking parchment and fill with baking beans. Bake 'blind' for 10 to 12 minutes. Remove from the oven, remove the beans and parchment, and bake for a further three minutes, then leave to cool while you make the filling.

2 Blanch the romanesco florets in salted boiling water for barely one minute – just to soften them slightly – and drain. Crack the eggs into a separate mixing bowl and add the cheeses, cream, milk and chilli flakes. Season, and whisk to combine.

Divide the filling between the cooled pastry cases, leaving around 1cm of space to add the romanesco and allow for the custard to expand.

3 Arrange the romanesco in the filling, keeping half of it above the filling for presentation, and grate over a little more Parmesan. Bake for 15 to 20 minutes, or until the custard is set and the pastry is golden and crisp. Cool on a wire rack. ➤

How to host a garden party
at REDONLINE.CO.UK



CHERRY PIE

This deep pie is just as good cold as hot, and while heart-shaped holes aren't key, they feel whimsically apt. Cutters are available from Amazon.

SERVES: 8

PREPARATION TIME: 30 minutes, plus resting time

COOKING TIME: 60 minutes

For the pastry:

- 2 tbsp sugar
- 260g plain flour, plus extra for dusting
- 40g ground almonds
- 180g cold unsalted butter, cubed
- 1 large egg, beaten
- 1 tbsp demerara sugar, for sprinkling

For the filling:

- 100g good-quality black cherry jam
- 1 tbsp cherry brandy (optional)
- 1/2 tsp grated nutmeg
- 1/2 tsp vanilla extract
- 1 tbsp cornflour, mixed to a paste with 2 tsp cold water
- 500g fresh black or red cherries, pitted and halved

1 For the pastry, put the sugar, flour, almonds, butter and a pinch of salt in a food processor, and blitz until it resembles fine breadcrumbs. With the motor still running, add most of the beaten egg and two tablespoons of ice-cold water, and pulse until the mixture forms a dough. Be cautious at this stage as you don't want sticky pastry. Add more water if necessary. Remove the dough from the food

processor, divide in two, flatten each portion into discs, wrap each in clingfilm and chill for at least an hour.

2 Preheat the oven to 200°C/gas mark 6 and grease the pie dish. Remove a disc of pastry from the fridge, unwrap and roll out on a well-floured work surface to 3mm thick and around 2 1/2cm wider than the pie dish. Transfer to a floured baking sheet and chill for 10 minutes. Repeat with the remaining disc of pastry.

3 For the filling, heat the jam in a pan with 100ml of water, the alcohol (if using), nutmeg and vanilla extract. When it's all melted, add the diluted cornflour, and stir until smooth and thickened. Add the cherries and gently coat them in the mixture, being careful not to mush them up. Take off the heat and set aside.

4 Using a floured rolling pin, carefully transfer one of the chilled pastry sheets to the greased pie dish and drape it across the dish. Let it sink into the dish, and, holding on to the

edges, lift and tuck the pastry into the edges of the dish, all around, to line it. Trim any excess pastry, and lightly prick the base with a fork. Fill the dish with the cherry filling. Use a pastry cutter to cut holes in the remaining pastry sheet, covering an area just smaller than the diameter of the pie dish, leaving a large border intact. Place it over the pie filling, and fold the edge of the top crust over the edge of the bottom crust, crimping it with your fingers to seal. Brush the pastry with the remains of the beaten egg and sprinkle over the sugar.

5 Bake for 20 minutes, until the crust is golden, then reduce the oven to 180°C/gas mark 4, covering the top of the pastry with foil, to avoid it burning. Bake for a further 35 to 40 minutes, until the filling is bubbling and the pastry is golden, firm and lightly puffed. Cool for around one hour before serving with cream. ■

Recipes from A Lot On Her Plate by Rosie Birkett (Hardie Grant, £16)



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EDIBLE GARDENING

Eats, shoots and leaves

Growing an edible garden is about more than just food for Pip McCormac – it's an endlessly satisfying game. Here's how to get started



We're giving it another go, my balcony and I. It's been a strained relationship of late – our summer fling felt like it would last forever: lush, blooming, a fervent joy in spending long balmy nights together. But then it went cold, what once had flourished died, and we just stopped being interested in each other. Let me explain: my balcony is my edible garden, my extra bit of kitchen space where ingredients are grown. Herbs, flowers, a few tomatoes. I'm not a gardener, and I don't have green fingers – I think of them as more chartreuse, the same colour my parsley went when I let it scald in the sun. Instead I've learnt from trial and error, from the wins and losses of experience. So as I begin to cast my balcony a few flirtatious looks, in the hope this year our bond will be better than ever, here is my guide to creating an edible garden. No matter how big, small, or nonexistent your outside space.

DON'T GO ON HOLIDAY JUST AFTER YOU REPOT YOUR SHOOTS.

Or at least ask a friend to pop by with a watering can. I bought a consignment of seeds from seedparade.co.uk – odd herbs you don't find in shops, like purslane (pea-flavoured, good in soups), lovage (curry-flavoured, good in salsas) and borage (cucumber-flavoured, good in salads and cocktails). I started them off in separate pots indoors with peat from B&Q. Bar the barren spearmint, they all sprouted and, had I no outdoor space, could have happily become an indoor jungle.

Instead, I replanted them outside and went to Canada for two weeks, assuming May's finicky weather would keep them wet. The sorrel was all that survived.

What I learnt: Start everything off indoors this month, leave on a sunny windowsill and water every other day. As a rule, move outside once the shoots are around 10cm high, separating the stronger sprouts and discarding the puny ones. Be on hand to provide water.

DON'T BE DISHEARTENED IF SOME PLANTS DIE.

It took three attempts to get my lovage to work. But subtly altering how I cared for the needs of each plant became a soothing game.

What I learnt: Look after plants and they live; get it wrong and they die. It doesn't mean you're a bad person – just start again. Summer is a long season, and most seeds can be planted as late as August.

THE EASIEST EDIBLE PLANTS TO GROW

- **Borage** Plant from April to August, several centimetres apart. Water frequently.
- **Lemon balm** Plant from April to July, with a few seeds in small pots, starting indoors on a sunny ledge. Uproot and move outside once the shoots are 10cm tall.
- **Marigold** Plant outside from April to August. Water daily and plant new seeds every three weeks.
- **Nasturtium** Plant indoors from April to July, around 3cm deep. Move outside after a month, and avoid using fertiliser.
- **Sage** Plant 1cm deep from April until September. Water daily, and after two weeks, space the shoots around 40cm apart.

wildlife: my balcony, five floors up in central London, had never seen a bee or butterfly until my garden began to thrive.

What I learnt: There is huge satisfaction in creating something from nothing, in small victories like spotting a bee buzzing around lavender. And it's this that makes the project worthwhile, and about more than simply growing things to eat. 🍷

**Pip McCormac's
herby recipes at
REDONLINE.CO.UK**



DON'T PRETEND NOT TO NOTICE A CREEPING INVASION OF BLACK FLY.

There were a couple of black spots on my nasturtiums. 'Just specks of soil,' I lied to myself. Within a week, the infestation took hours to overcome (and I never got entirely rid), spread as it had to the borage and sorrel.

What I learnt: A spray bottle of water with a dash of washing-up liquid is the ultimate pest-killer. Wear rubber gloves when removing fly carcasses, and grow marigolds, sage and rosemary near plants that attract the flies (they omit scents that drive them away).

DON'T UNDERESTIMATE THE POWER OF AN EDIBLE FLOWER.

There are more edible flowers than you might think. Roses, nasturtiums, marigolds, daylilies... the list is longer than an overgrown borage stalk. And they're not just for decoration, but add depth of flavour, too. And they attract

*The Herb And Flower Cookbook by
Pip McCormac (Quadrille, £16.99)*

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Edited by SASKA GRAVILLE

LET THE SUNSHINE IN

With spring chills lingering at home, it's time to seek out blue skies, warm waters and the scent of summer in the air – all just a few hours away

Essaouira, Morocco



With new direct flights from Luton, the Atlantic beaches and easy charm of Morocco's west coast are spring's hippest weekend away

It was the chef Sam Clark who got me on a plane to Essaouira. Not

directly, you understand, but in the course of the Moorish-inspired recipe story she wrote in this issue, she – literally – gave me a taste for Morocco. 'The smells of North African food are wonderful: paprika, saffron, cinnamon, cumin,' she told me. I was hooked.

Essaouira isn't like the Morocco you might picture, which was mostly its appeal. There are no dark, snaking streets, no rug sellers grasping »

Blue skies and Moorish architecture in Essaouira; and left, Pip at Villa Maroc

to haggle the moment you step outside your riad. Instead, it's a quiet beach town, just a three-hour flight from Luton once EasyJet's new direct route starts in May, and kind of like Bournemouth. Except more exotic. And with more exciting food. And guaranteed good weather. Okay, nothing like Bournemouth. But there is a sleepiness, a calm among the minuets and calls to prayer and football games on the sand that you don't find in Marrakech.

For in Essaouira there is nothing much to do (unless you surf), it's more a place to *be*. To take coffee by the port. To gaze at spices and bottles of argan oil (good on your hair, even better on salads) lining the streets around the medina. To stroll on the amber sand that entirely disappears at high tide. To watch the sunset from the old barracks with a glass of gris, the local dry white with the slightest hue of blush.

The sun is cooler here than in the rest of Morocco – a pleasant 22°C in May, and even in September, its warmest month, it is unlikely to reach higher than around 25°C, the stifling heat of the mainland carried off on sea breeze. And so the food comes into its own – all the flavours promised by Sam Clark, tagines of pork and white raisins, at once sweet and spiced, warm you from within.

When night falls at Villa Maroc, fires are lit and kilims pulled close. The decor isn't luxe, exactly, more homespun: patterned tiles and piles of scatter cushions in Moroccan prints at the top of narrow staircases around the 18th-century building. In the rooms, beds are covered in soft, hand-stitched linen. And come morning, a breakfast of breads and home-made marmalades speckled with cloves and vanilla is the perfect start to the day.

It all reflects the easy cosiness in Essaouira, an assumed friendliness that any tourist is welcome, and expected to feel at home. If you only do one thing – sorry, 'be' in one place, for doing isn't really the done thing here – make it Elizir (Rue d'Agadir), a Moroccan/Italian-fusion restaurant serving gnocchi with almond pesto (almond trees dot the city), and meaty stews baked with pears.

Then, to fill the amiable hours between morning coffee and a sundowner at Taros (taroscafe.com) – a rooftop bar with the best views in town – call in at Caravane Café (caravane-cafe.com) for lunch, centered around an open-air garden, home-made breads and fragrant toffee pudding. Or pop to Les Jardins de Villa Maroc (lesjardinsdevillamaroc.com) in the hills, just a 15-minute drive from the coast, but a world apart, climatically speaking. It's a Balearic, arid enclave where tortoises roam wild among the scrub, two near-deserted swimming pools are yours for the taking, and Ottolenghi-esque salads of fennel, strawberry and orange blossom float out from a kitchen hatch.

A long weekend is all you really need here, that and a good book and a slight sense of adventure. For yes, Essaouira has just enough of the unknown to make it feel that you're away, but not enough for any part of it, at all, to seem like anything other than a rejuvenating, old-fashioned, classic coastal holiday. *PIP McCORMAC*



FROM TOP: It's all sun and surf at Essaouira beach; the pool in the hills at Les Jardins de Villa Maroc; and the cool interiors at Villa Maroc



What Pip packed



Acetate sunglasses, £111, Ralph Lauren at David Clulow



Canvas and leather tote, £155, Longchamp



Poly-mix swim shorts, £165, Orlebar Brown

TRIP NOTES

Lawrence of Morocco offers three nights at Villa Maroc from £392pp b&b, including direct flights to Essaouira and transfers; 01672 500 555, lawrenceofmorocco.com



Crete, Greece

Wild flowers and warm waters make Crete the perfect relaxing destination

You might not think of Greece as an early-sun spot, preferring to wait until July when the temperatures start to soar. But think again. In the very south of the country, Crete is one of Greece's warmest areas, with a sunbathing season from April to October. Locals promise by mid May the Mediterranean has been well warmed up, ready for the rest of us Europeans who need a break from the changeable spring. And there's the bonus of wild flowers, which turn Crete into a blaze of colour in May.

It's hard to think of a nicer suntrap close to home than the terraces of the Minos Beach Art Hotel, near Agios Nikolaos. With villas scattered around the shoreline and flower-filled gardens surrounding a big pool, it's a chic boutique resort, with enough culture close by to fill a week with a bit of sun, a bit of sightseeing and the odd spa treatment.

For those with the budget, the hotel's most exclusive bungalows are right on the water's edge. A couple of steps down from your private terrace, and you're in the sea. Most rooms are more simple in style with patios and sea views, yet still seconds from the water. In fact, you're spoilt for choice when it comes to taking a dip. Most of the hotel's perimeter runs along the coast, with promenades, sunloungers and steps to swim off, plus a small beach.

A 10-minute stroll down the road, Agios Nikolaos is worth leaving the hotel compound for. It's here you catch the boat to the island of Spinalonga, the former leper colony made famous by Victoria Hislop's award-winning novel *The Island*. Also nearby is the mountain village of Kritsa, with its steep, cobbled laneways and crumblingly photogenic old houses. Just before you make the final hill climb into the town, you pass the church of Panagia Kera, a Byzantine-frescoed jewel that is one of Crete's most iconic historical sites. One final must-do... Dinner at Pelagos (Strat. Koraka & Katehaki 10), a seafood restaurant tucked down an Agios Nikolaos side street.

Ultimately, this is a laid-back, low-key kind of place. And with the UK still feeling decidedly cool, a bit of sunny downtime sounds very nice indeed. **SASKA GRAVILLE** »

FROM TOP: Minos Beach Art Hotel, seconds from the sea; Saska exploring Kritsa; Spinalonga Island



What Saska packed



Acetate sunglasses,
£92, DKNY
at Sunglass Hut



Bioderma
Invisible Mist
SPF50+,
£21.50



Poly-mix
swimsuit,
£83, Huit



Leather sandals,
£75, FitFlop

TRIP NOTES

Minos Beach Art Hotel, from around £145 per room, per night, b&b; minosbeach.com. Flights with Aegean, via Athens; aegeanair.com

Ortygia, the ancient heart of Syracuse; and below, left, Emma loved the cool serenity of Relais Torre Marabino

Val di Noto, Sicily

Endless coastline, unspoilt landscapes and layer upon layer of historic charm, the south-east corner of Sicily has it all

In the middle of the Mediterranean, halfway between mainland Italy and Africa, Sicily has always seemed to me something of an

enigma. Once a cornerstone of Ancient Greece, it's perhaps best known for its role in *The Godfather* (wild, beautiful, unforgiving). Happily, the Val di Noto is a perfect hybrid of both my imagined Sicilys: a patchwork of ancient ruins and rural landscapes, stitched together with winding roads lined by orange and lemon groves as far as the eye can see. With May temperatures reaching a comfortable 19°C, now is the time to visit. And, an hour's drive from Comiso airport, Relais Torre Marabino is the perfect base from which to explore.

A 16th-century tower-turned-boutique hotel, the quietly inviting charm of Marabino rivals its UNESCO World Heritage-listed setting. Think stone walls and peaches-and-cream decor, framed by 500-year-old olive trees – not to mention its own organic farm and winery. Food is high on the agenda, and traditional Sicilian dishes get the gourmet treatment in the restaurant, La Moresca. Al dente lamb ragu with pecorino was a highlight, as was the deceptively titled 'light' lunch – fresh-from-the-farm cheese, salami, couscous and salad. Then, of course, there's the wine, produced down the road at the Marabino vineyard (tastings are encouraged).

Add in sun-dappled terraces and a freshwater pool, and you could easily while away your days without ever leaving the hotel. But, with the myriad old towns of the Val di Noto on your doorstep, it's worth breaking the Marabino spell – if only for an afternoon. Nearby Modica, Noto and Scicli are all full to bursting with baroque architecture – and all doable in a few hours, even with compulsory refuelling stops. You're never more than a stroll away from a café selling melt-in-the-mouth arancini and sweet ricotta-filled cannoli, and in Modica, Sicily's oldest chocolate factory, Antica Dolceria Bonajuto (bonajuto.it/en), is not to be missed.

A short drive from the award-winning beaches of Pozzallo, Marzamemi is another must-visit. Go on a Sunday, when the



Gourmet food is high on the agenda at Marabino

main square bustles with open-air cafés, and lunch at Campisi Salvatore (Via

Marzamemi, 12), right on the water's edge. A little further along the coast, the ancient city of Syracuse is ripe for wandering. Head for Ortygia, the city's historic heart – a web of narrow streets and awe-inspiring ruins with sea views around every corner.

En route to the airport, Ragusa Ibla is a perfect final stop – take in the panoramic views from the Giardini Iblei and dine at MAD (magazzinidonna fugata.it), a chic cucina-cum-designer boutique in the shadow of the majestic Duomo di San Giorgio, before watching the setting sun turn the city walls an ever deeper shade of gold.

There's something for everyone here, from sandy beaches and architectural splendour to simply unwinding amid the cool serenity of Marabino – and I get the feeling I've only just scratched the surface. **EMMA LAURENCE** 

TRIP NOTES

Western & Oriental offers seven nights at Relais Torre Marabino from £740pp, b&b, including return flights from London to Comiso and car hire; westernoriental.com

Book a Red-approved getaway at REDONLINE.CO.UK



What Emma packed



Crochet linen kaftan, £48, Freya



Straw bag, £55, Phase Eight



Leather sandals, £55, Phase Eight



Leather bracelet, £55; sterling silver charms, from £25 each, all Jennifer Lopez for Endless Jewelry

DREAM holiday wardrobe

Want to turn heads on the beach this summer? Transform your holiday style with Coco Bay's eye-catching swimwear collection

Kimono, £117;
bikini top, £41;
bottoms, £36,
all Seafoolly

Kaftan,
£53, Seafoolly

Bikini top, £50; bottoms,
£41, both Seafoolly

STYLE TIP

Channel this season's Seventies trend with a stylish, print kaftan

Our minds are already drifting to sandy beaches and sunsets – yes, summer holidays are just around the corner. Not sure what you'll be packing? Dive into Coco Bay's covetable beachwear collection, which includes all you need to holiday in style from Aussie brand Seafoolly, whatever your shape. Think cool kaftans, nautical stripes and mix-and-match pineapple and palm print bikinis. And the must-have piece? A bandeau bikini, which, thanks to Seafoolly's groundbreaking designs, not only gives great structure, shape and support, but also means no pesky strap lines.

Bikini top,
£58; **bottoms,**
£39, both
Seafoolly

STYLE TIP

Nautical stripes always look fresh. Team with brights on your toes

Bikini top, £64;
bottoms, £41,
both Seafoolly

Top, £66,
Seafoolly

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£38, both Seafoolly



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STAND UP FOR YOURSELF

Shocking news for those with desk jobs: sitting down for long periods, new US research shows, raises your risk of serious health conditions (including heart disease, cancer and diabetes). And that's true even if you're a gym fan. Now we know, we can do something about it. In *The New Health Rules: Simple Changes To Achieve Whole-Body Wellness* (Artisan, £14.99), health guru Dr Frank Lipman advises moving for five minutes every hour. After 55 minutes at your desk, practise some yoga poses, a plank or some press-ups (maybe not super-practical), or just walk up a flight of stairs. 'Make it a goal; in fact, write it on a Post-it Note and stick it anywhere you get stuck – at your computer, say.' It's not only your body that will benefit, says Dr Lipman: 'The break also gives your mind a restart, so this habit can be great for productivity.' Get up! 📌



NUTRITION

WE'LL HAVE WHAT SHE'S HAVING

Genetics aside, there's no denying that Rosemary Ferguson glows. The supermodel-turned-super-juicer puts it down to a daily dose of liquid magic, finds Brigid Moss

Now you can buy a green juice in the petrol station, hasn't juicing had its day? Not at all, says model and naturopathic nutritionist Rosemary Ferguson, 40, who has written her new book, *Juice: Cleanse. Heal.*

Revitalize: 100 Nourishing Recipes And Simple Juice Fasts, partly because juicing was getting such a bad rap. But you shouldn't lump freshly pressed juice in with some of the rubbish in shops.

'I know it has had some bad press, but if you've never done it, try it,' says Ferguson, of DIY juicing. 'It's one of the easiest positive steps you can take towards taking care of yourself. Juicing definitely increases mindfulness of what you're putting in your body, which filters down to the rest of what you eat.'

We're having green tea in the drawing room of The Soho Hotel. Ferguson, chic in a black and white zigzag belted wrap jacket, says it was in her hardcore party days, while living and working as a model in New York in her early twenties, that she first became turned on to the nascent juice culture. 'I'd go to yoga and they'd all be having wheatgrass shots. I was fascinated. I bought my own juicer – you had to chop everything up first, it took ages.'

Back then, it was about finding balance. Ferguson came from a healthy family – her granny opened one of the UK's first health food shops, so she knew what she *should* have been doing. 'I wasn't behaving brilliantly,' she admits, 'so any time I could get ahead, I would. For me it's always a really good place to go back to when I've gone a little bit wayward, it's a good place to start again without being too extreme. Part of it is psychological. If I feel rubbish, instead of just going and eating rubbish, I'll make a juice and it stops me in my tracks.' Her husband, the artist Jake Chapman, laughs at her sometimes. 'He says, "There's balance in there somewhere."'

It certainly sounds as if there is. Just over four years ago, the whole Ferguson-Chapman family – Elfie, 15, Bliss, nine, and Blythe, eight – moved to the house Chapman and Ferguson designed and built in the Cotswolds (near best friend Kate Moss). The extended family now consists of two ponies for the girls, Stroller and Simon, as well as Ferguson's horse, a bright chestnut called Garfield, plus staffies Dora and Buffy. 'I miss London sometimes, but if I lived there I'd miss here,' she says; anyway, she gets her London fix from doing her weekly Harley Street naturopathic clinic (rosemaryferguson.co.uk).

The day I meet her, Ferguson is doing her Monday juice fast, but you wouldn't know she



Rosemary Ferguson uses juices as a way to boost a balanced diet

hadn't eaten, from her energy and general glowiness. Juice fasts have recently come under fire as being too extreme. But, she says, she fasts to give her digestion a rest, not for weight loss, and in the book her fasting programmes allow soups and smoothies, not just juice.

In fact, her weight-loss advice is far from extreme: it should be a slow process, she says. 'Losing weight, you want your liver to work efficiently, then you'll feel better, start doing more, and the weight will come off. If you think about how long it takes to put on weight, you have to manage it sensibly.' Last year, Chapman lost 'a lot of weight' after Ferguson put him on an anti-inflammatory diet for back issues, which she says was 'by its very nature, clean'.

A lot of the produce she uses to cook and juice at home comes from the vegetable garden, though she's also a customer of Abel & Cole ('you can get fresh turmeric root in their boxes') and Riverford, as well as Whole Foods in Cheltenham. Her home orchard produced 200 bottles of apple >>



juice last year, plus Ferguson dehydrates her own apples and plums, and makes plum jam.

Two of her girls and Chapman are pescatarian, so there's not a lot of meat in the house, she says. 'The kids warn their friends they'll probably get lentils when they come over. But there's lots you can do to make kids' food healthier without them even noticing,' she says. For the child staple, pasta pesto, 'I use brown rice pasta and add kale pesto, made with Parmesan, pine nuts, olive oil and garlic.'

She's a passionate cook, and it's that creativity with ingredients that make her juices a little bit out of the ordinary. Plus, every one has been tasted by the team at her model agency Storm, as well as her family (willing 'most of the time'). In fact, while testing for the book, one of her two overworked juicers blew up. Testament to her health dedication.

THE MORNING WAKE-UP: HAPPY EVERY DAY

'Every morning, I make a quick juice or smoothie. The kids love doing smoothies; I think it's because you can chuck all sorts in and it's very satisfying to whizz it all up. This one also contains pumpkin seeds, a courgette and a teaspoon of maca powder; they like it because it tastes malty. This smoothie is high in tryptophan, which makes serotonin, a good-mood chemical.'

INGREDIENTS: 1 banana, 1 courgette, 10 raspberries, 2 tsp pumpkin seeds, 1 tsp maca powder, 150g (1 cup) ice cubes, 125ml (1/2 cup) filtered water.

METHOD: Peel the banana, then place all the ingredients into a blender and whizz together.

THE MORNING AFTER: TURMERIC DREAM

'This juice is great for the liver if you've had a big night out. I made it for some friends who were down from London for the weekend; we'd been to our local – The Five Alls in Filkins – for dinner. The next day they were like, 'Give me eggs and bacon!' and 'I want Coca-Cola!' I made them fried eggs with home-made bread and this juice, and they felt so much better. I use my bread machine all the time. I add brown rice flour, quinoa or rye, Himalayan crystal sea salt, filtered water, coconut oil and seeds. The loaves do come out solid, a little bit like a brick, but they are delicious.'

INGREDIENTS: 1 apple, 2 carrots, 1 stalk of celery, 1 pear, juice of 1 lemon, 1-2 tsp ground turmeric (start with 1/2 tsp and then build up).

METHOD: Pass all the ingredients, except the turmeric, through the juicer. Stir in the turmeric at the end.

FOR THE OUTSIDE: SKIN AND BODY BEAUTIFUL

'I love the flavour of this but it's quite "raw"-tasting. I'd make it more in the summer, because it contains asparagus and lettuce. Celery and cucumber contain silica, really good for skin, and matcha is high in antioxidants. I can feel my skin and eyes brightening as I drink it, and whether that's real or psychological, it feels great. When you're making matcha tea or putting lemon in water, use warm water, not boiling.'

INGREDIENTS: 1/4 head broccoli (if you have an underactive thyroid, steam before you juice or replace with spinach), 1/2 romaine lettuce, 2 spears of asparagus, handful of spinach, 1 stalk of celery, juice of 1 lime, juice of 1 orange, 2 tsp matcha green tea powder.

METHOD: Pass all the ingredients except the matcha powder through the juicer. Stir in the matcha powder. >>

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FOR AN AFTERNOON PICK-UP: JUST DREAMY

'A lot of my clients have blood-sugar problems, and to level out cravings takes quite a bit of attention. This is a good juice for that; people will drink it because it's sweet, and the watermelon and cinnamon help balance blood-sugar levels. If you're used to medicating with sugar, you need to change your behaviour pattern and also get your insulin under control. And to keep blood sugar even, have your juice with a hardboiled egg or an oatcake, handful of nuts or seeds or drink it with your meal.'

INGREDIENTS: ¼ small watermelon, 1 apple, 10 blueberries, juice of 1 lemon, 1 tsp ground turmeric, 1 tsp ground cinnamon.

METHOD: Remove the flesh of the watermelon and juice with the apple, blueberries and lemon. Stir in the turmeric and cinnamon.

FOR THE HARDCORE: SUPER GREEN

'This is *not* the juice to start you off juicing, with just eight raspberries to sweeten it. It tastes very earthy, but it is brilliant for the liver, a powerhouse of antioxidants and sulphur-containing vegetables. The higher-sugar juices are obviously the higher fruit juices, but as you juice more, your taste buds will change.'

INGREDIENTS: 2 leaves of cavolo nero, handful of spinach, handful of kale, 2 celery stalks, small handful of parsley, 1 apple, 1½ pear, 8 raspberries, juice of 1 lime.

METHOD: Pass all the ingredients through the juicer.

FOR PMS: JOLLY JUICE

'Pineapple is fantastic for inflammation and cucumber is brilliant, too: it's really hydrating, but if you have water retention, it will help relieve it. Plus, it contains lots of magnesium, which helps relax cramping, and fennel, which is good for bloating. I make this for myself around my time of the month, but all these juices are really good any day: they're very gentle, not like taking a pill. Include them in everyday life, and the amount of nutrients you'll get from them is quite substantial.'

INGREDIENTS: ½ pineapple, 1½ cucumber, handful of spinach, 1½ fennel bulb, juice of 1 lime.

METHOD: Peel the pineapple and pass through the juicer with all the other ingredients.



Ferguson is a passionate cook, using produce from her own vegetable garden

FOR HUNGER: FULLER FOR LONGER

'Chia seeds are very fibrous, and fibre helps when you're trying to lose weight. And they're brilliant for hydration, as they hold a lot of fluid. Avocado has good fats and protein; without fat, your brain doesn't get the full signal, so you keep on eating, which is why fat-free diets don't work. Jake likes this smoothie; he works ridiculously long hours, is always on the go, but likes to feel really well. He likes a smoothie over a juice, then it can be a substitute for a meal and isn't just decoration.'

INGREDIENTS: ½ avocado, ½ grapefruit, 10 blueberries, 1 tbsp chia seeds, 250ml filtered water.

METHOD: Peel and stone the avocado, peel the grapefruit, then blend. 🍷



More juice and smoothie advice from Rosemary at REDONLINE.CO.UK

Sweet TREATS

Need a sweet fix? Sanctuary Spa's new collection is the decadent treat you've been dreaming of



Always take forever perusing the restaurant pudding menu? Us too. Thankfully, there's no need to choose with the sumptuous new soufflé- and sorbet-inspired body care collection from Sanctuary Spa – you'll want every product in the range with their innovative and unique textures for ultimate body bliss. Swirl out the cupcake-inspired Air-Whipped Shower Soufflé with the texture of frosting, to take you from stress to smiles in seconds. Follow up with the feather light Air-Whipped Crème Soufflé: a blend of mango, jojoba and red seaweed, for deliciously moisturised skin. And if it's a reviving pep up you want, try the Cooling Body Sorbet. Instant cooling technology will leave you energised and invigorated. Nichola Joss, Sanctuary Spa skincare expert, says: 'Instantly refresh and awaken your skin and your senses. The cooling icy textures instantly boost circulation and revive tired dull skin, giving an instant burst of freshness from top to toe.'

'You'll want EVERY product in the range with their innovative and unique textures for ULTIMATE body bliss'

DECADENCE BOTTLED

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INTIMACY



THE JOY OF MAINTENANCE SEX

Do you always need to want sex with every fibre of your being... or is it okay to put out to keep your partner happy? Sarah Maber investigates the give and take of the long-term sexual relationship

'SO WHAT DO YOU THINK?' SAYS MY HUSBAND, stretching and putting down his book. I glance at the clock – 10pm – and do the mental arithmetic. Commitments for rest of week: one leaving do, one 40th, drinky friends to stay at the weekend. Add to: time elapsed since we last shagged. Total: 12 days. 12 days! Even with our child-crushed libidos, that is a bit too giant panda for my liking.

It's true that our sex life faces many hurdles – two children, deadlines, rows, a particularly compelling chapter of *The Bone Clocks*, and generally just being *beyond* knackered by 9pm – but I also know that I'll have fun once we get going, and we'll be less ratty and much kinder to each other in the morning

if I put in the effort now. 'Okay!' I say, curling up. 'Persuade me.'

Now, I'd hate to give the impression that sex is always this, er, considered. On occasion we shag on the sofa; still look forward to getting each other's clothes off after a date night; still fancy each other enough to make an early night very much a pleasure. But we rely on tonight's kind of low-key 'maintenance sex' to plug the gaps between the hotter shagging.

And I know, from a straw poll of friends, we're not alone. 'If we waited until I was in the mood, weeks could go by, and we'd definitely be edgier with each other between times,' says Abi*, a 39-year-old teacher and mother of three-year-old twins. 'I'm too knackered to feel sexy most of

the time, but I'm happy to do some kissing and cuddling when I'm not in the mood and see where it leads.'

In fact, what has been dubbed 'maintenance sex' is such a ubiquitous solution to midlife exhaustion that US comedian and Golden Globes host Amy Poehler joked about it in her bestselling memoir, *Yes Please*. 'You have to have sex with your husband occasionally, even though you're exhausted,' she wrote. 'Sorry.'

So far, so innocuous, you might think. So why did Poehler's comment explode in the blogosphere? Well, what at first glance appears to be a sensible relationship strategy for exhausted thirty or fortysomethings, seen in a different light looks a bit 1950s »

housewife: a mutually fulfilling sex life grimly replaced by sexual servicing.

Bloggers debated whether maintenance sex is simply one facet of marital sex – or something women suffer to keep their husbands happy.

Meghan Murphy, founder of *feministcurrent.com*, argued it was ‘that good old-fashioned idea that we are obligated to satisfy our partner’s sexual desires lest they leave us or cheat on us’. When Tracy Moore at *jezebel.com* flagged up the fact that maintenance sex for many couples is a gender-neutral issue (‘This issue could just as easily apply to a man who doesn’t feel like sex and caves for his lady’), it provoked a Twitter meltdown: ‘Jezebel advocates rape via greenlighting “pacifying sex”. What on earth? ALERT: NO WE DO NOT HAVE TO DO THIS’; ‘Dear #feminists, please don’t hate #AmyPoehler’; ‘Recent sex “advice”

from Amy Poehler has some women seeing road to rape. Others say it’s just the nature of marriage.’ Who’d have thought something my friends and I all admit to doing could be so controversial.

Asking around, it seems sex therapists *broadly* agree maintenance sex can be a useful tool for tired couples. ‘If we waited until our sex drives magically aligned and conditions were perfect, we’d only have sex on holiday,’ points out therapist Andrew G Marshall, author of *Have The Sex You Want: A Couple’s Guide To Getting Back The Spark*.

AND IT’S TRUE; THE FAVOUR CAN GO BOTH WAYS. My friend Kerry* says maintenance sex has kept her relationship alive in the face of financial woes. ‘I’ve always had the higher libido,’ she says, ‘but since he lost his job, Charles* is definitely less

interested in sex. If I’m in the mood and he’s not, we’ll kiss for a bit and see what happens – and if it’s not happening for him, he’s more than happy to go down on me. Obviously you hope it won’t be like this forever, but I’d rather this than no sex at all.’

‘Relationships are filled with doing things for each other we don’t always want to do,’ says US sex therapist Vanessa Marin. ‘My definition of maintenance sex is being willing to connect with your partner sexually, even if you’re not immediately in the mood. It means prioritising your relationship and putting each other first. I think it’s a great way to show your partner you care about them.’

I have sex because I want sex, but also it’s part of being a couple. ‘If your partner feels taken care of, they’ll be more willing to take care of you,’ says Marin. ‘Maintenance sex is a way to let go of grudges and start treating each other with more compassion.’

But however convenient I find it, sex shouldn’t be maintenance forever.

‘If we waited until our SEX drives aligned, we’d ONLY have sex on holiday’

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Clare Prendergast of Relate says, 'If you find yourself having "roll on, roll off" sex exclusively, this is not going to serve you long term. It's okay to keep the wheels oiled, but you also want to make sure you are making time for a longer session. If a woman gets into a habituated situation of lying back and thinking of England, her pleasure is going to go down.'

And there's always a chance you might not only get lucky, but extra lucky. Bog-standard maintenance sex can turn into explosive sex, as influential US columnist Dan Savage explained in the wake of the online debate. 'Sometimes you go into sex not wanting or needing it and then you enjoy it,' he wrote. 'Those are the times when mellow, low-impact, low-stress maintenance sex turns into mind-blowing, sheet-shredding sex. I would hate to think of how much great sex I would've missed if my feminist principles didn't allow for maintenance sex.' I second that. 

Photograph Getty Images. *Names have been changed

MAKE MAINTENANCE SEX WORK

● **REMEMBER, MAINTENANCE SEX BREEDS HOT SEX.** 'The more sex you're having, the easier it feels to keep having sex, and the more you want it,' says sex therapist Vanessa Marin. 'The longer you go without having sex, the less you desire it, and the harder it feels to get back on the horse. Regular sex also ensures you and your partner are continuing to make time for each other and your relationship.'

● **TRY A SEX BRAINSTORM.** Together, you come up with all the different options. 'People tend to think that sex is all or nothing, but there's also cuddling naked, watching each other masturbate, oral sex, and so on,' says Marin. 'Brainstorming will help you realise you have a lot of options.'

● **BE CLEAR ABOUT DESIRE.** 'A lot of people try to initiate without using words, but I think

it's better to be clear and direct,' says Marin. If your partner asks you, think about what you want. 'I usually recommend touching each other in some way, whether that's cuddling or kissing, then see if you feel interested in going further.'

● **IT'S FINE TO BE HONEST.** 'Your honesty can send the message that you value your partner's pleasure,' says Marin. For example, 'I'm not feeling like anything for me, but I'd be happy to go down on you.'

● **PLANNED SEX CAN BE GOOD SEX.** It's perfectly okay to say to your partner, 'Actually, I'm really not in the mood today, but what about tomorrow night?' says therapist Andrew G Marshall. Then you can make sure you're in bed early enough so you're not too tired.

For more on having good maintenance sex, go to REDONLINE.CO.UK

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HOW I LEARNT TO DO STUFF, NOT BUY STUFF

Experience junkie Ruby Warrington made a vow to spend her money on adventures, not objects. But, as she discovered, old shopping habits die hard

Walking to the cash register at Zara in Heathrow's Terminal 3, I'm holding two cashmere jumpers I've managed to try on in the remaining few minutes before my flight home to New York begins boarding. It's like an out-of-body experience; even as I hand over my credit card to pay for them, I'm wondering what the hell I'm doing.

I definitely don't 'need' the jumpers, and I also don't particularly think they're 'worth' the £250 I'm now punching in my PIN to authorise. Rushing to my gate, plastic bag banging against my hip, I'm aware that the whole transaction has left me feeling physically sick, as if I've just gorged on an entire chocolate fudge cake.

This experience, which took place after a pre-Christmas trip to visit family and friends, marked the end of a two-month-long shopping binge of epic proportions – not to mention something of a relapse. I'd thought 2014 was the year I'd laid my shopping habit to rest.

I remember distinctly sitting in a café with my friend Raquel, and telling her how my 2014 New Year's resolution was to spend all spare cash on experiences, not on stuff. I wanted to do, feel, see, hear, touch and taste, not buy.

Now, having talked to trend forecaster James Wallman about his book *Stuffocation*, I realise my personal epiphany was just one among thousands of others. I'm part of the newly minted and rapidly growing tribe of Experientialists, part of what's been dubbed the Experience Revolution.

In the book, Wallman draws on seminal research from 2003, which proved people got a bigger happiness boost from doing stuff than from buying stuff. He also highlights research showing how Western society has

reached a point of 'material saturation', suggesting the way out of our 'clutter crisis' is to look for happiness and life satisfaction in experiences, not things.

I think it was relocating to New York from London in early 2012 that began my shift in values. The move itself had meant downsizing massively – not only did my husband and I not want to lug the entire contents of our two-bedroom house in Shoreditch across the Atlantic, but Manhattan apartments aren't exactly known for their capacious square footage. I'd also gone from working on staff at a glossy fashion magazine to freelancing from my home office (read: desk in the corner of our kitchen). Witness a whole wardrobe of work-ready outfits gathering dust, before being consigned to my local charity shop in batches.

Not only did I have less, but I was able to see first-hand that I needed much, much less than my coming of age in the consumer boom of the 1980s and 1990s had led me to believe. If I arrived in New York dizzy with dreams of *Sex And The City*-style spending sprees, the episode that resonated most was the one where Carrie realises she's spent on shoes what could have been a down payment on her apartment.

By the beginning of 2014, I was ready to change. First, I invested in a personal development weekend with The Landmark Forum. I went on a retreat with NYC fitness guru Taryn Toomey, and even made the pilgrimage to Burning Man, a wild, week-long arts and music festival in the middle of the Nevada desert that operates entirely on a 'gift economy' – creating a community where cash is obsolete.

And if a new pair of Isabel Marant boots or a mammoth haul in the Selfridges sale used to represent the zenith of fulfilment for me, then the life-changing experiences »

I had that year rocked my world view and led to some profound shifts in my sense of self.

Because of Landmark, I had conversations with my mother that took our relationship to a completely different level, while a pranayama breathwork session in a tepee in a Brooklyn park created the best natural high I've ever felt.

It didn't take much digging to find friends who felt the same as me – like Rebecca, who told me the feeling of 'stuffocation' increases tenfold once you have children. We met when she was working as a beauty PR in London, the kind of girl who worshipped at the church of consumerism. Fast-forward five years and two kids, and she and her husband have moved back to Leeds. 'Our flat just wasn't big enough,' she said, adding she used to feel physically 'repulsed' and 'out of control' about the amount of stuff she accumulated as a new mum. 'Lists of all the things the baby supposedly needs begin to circulate when you're expecting. I bought a special nappy bin; I must have had 20 bibs.'

Now, everything allowed space in Bex's house is carefully considered. Goodie bags from birthday parties ('basically £10 worth of shit') go straight in the bin. Last Christmas she fought to give each of her children a single gift. 'I'm trying to teach the kids that a day out doesn't mean something from the museum gift shop.' Meanwhile, she says, 'We take lots of pictures; every time we do something together we create a memory that lives online.'

There's a chapter in *Stuffocation* called 'Facebook Changed How We Keep Up With The Joneses'. It states that our ability to share life experiences has imbued them with just as much status as designer clothes or second homes. Which ties into Wallman's theory that a move towards experientialism isn't about denial. 'I'm not anti stuff, I'm anti too much of the wrong stuff,' he tells me. I agree: I know I'm not going to never shop but I'm not going to *overshop* either.

'The LIFE-CHANGING experiences I had ROCKED my world view and led to PROFOUND shifts in my sense of self'

Wallman suggests playing what he has dubbed the 'Brewster's Millions game'. It's named after the 1985 film, in which Richard Pryor's character has to spend \$30 million in 30 days – but must have nothing left to show for it. The idea of Wallman's game is to commit to spending as much on experiences as you usually would on things. Which has helped me justify booking a monthly massage when before I'd have spent that £80 on impulse purchases. I'm also saving for a trip to the Bahamas to swim with dolphins next year; it's something I've wanted to do for ages.

I do realise I'm extremely lucky, and this is a first-world problem in both senses of the phrase. The fact is, our material abundance is also having a greater impact on the world at large. In Naomi Klein's climate-change bible, *This Changes Everything*, she makes the point that life-threatening pollution and slave-like conditions for workers in developing countries can be directly attributed to the cheapest possible production of goods, 'going straight on to container ships headed to our superstores'.

For me, this brings up visions of the shopping riots last November, when Black Friday sales hit UK shores in a big way. Even being fully aware of all this, and making the promise to myself, it's not been easy to turn my back on a lifetime of overconsumption. My relapse at the end of last year is a case in point. I'd been due to start a new job in January, and had convinced myself this also meant I'd need a whole new work wardrobe. It became clear soon afterwards that I'd only said yes to the job because it would look good on paper (I didn't take it in the end). Shopping was a way of avoiding my real feelings.

As for those cashmere jumpers? They're still hanging in my wardrobe, virtually unworn, a reminder not to overshop. In fact, Vivienne Westwood's motto sums up my new attitude beautifully: 'Buy less, choose well.'

More advice on decluttering at REDONLINE.CO.UK

Join The Experience Revolution



Voga Retreat, Ibiza, May 18th-22nd

Voga is the love child of yoga and voguing, and this five-day retreat takes place in the Balearic paradise of Ibiza; vogalondon.co.uk/retreats



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A unique events company producing themed screenings of classic movies, with an immersive element; secretcinema.org



Tough Mudder, various events worldwide, throughout 2015

A team-oriented 10- to 12-mile obstacle course designed to test physical strength and mental grit; toughmudder.co.uk



Escape Rooms, London, throughout 2015

Based on a Japanese computer game, this sees players solve puzzles and escape a real locked, themed room; escaperooms.co.uk



Burning Man, Nevada, August 30th-September 7th

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FITNESS

WALK ON THE
WILD SIDE

Hiking is excellent for mental health, whole-body toning and even happiness, discovers Hannah Dunn. Just add mud...

It's 2pm on a Sunday and I'm sliding around in fresh mud. The sun is just beginning to burn through the clouds and I can see fields for miles. I am as happy as a pig in muck, literally. I'm midway through a 10-mile hike with Metropolitan Walkers (metropolitan-walkers.org.uk), the London contingency of the Ramblers. It's the first time in years I've pulled on a pair of walking boots, and probably the first time in 20 that I've walked this far.

But being in the company of the Met Walkers, a mix of people in their late twenties and thirties, is surprisingly fun. As walking has become hip, the group has started to shuck off the Ramblers' anorak-and-Tupperware image. Member numbers have doubled since 2014 and they now arrange several hikes a week around London, from short urban hops to longer rambles, like the one I'm on.

Hiking is everywhere at the moment. A quick scroll of my Instagram feed throws up sun-drenched images of Rosie Huntington-Whiteley and Amanda Seyfried walking through canyons near LA; Reese Witherspoon has just re-created Cheryl Strayed's epic memoir *Wild* for the big screen, in which Strayed hiked 1,100 miles across America; and the big debut novel of 2015, *Etta And Otto And Russell And James* by Emma Hooper, follows one woman's wish to walk until she sees the sea.

I'm usually a class and dance fan, but I'm very taken by hiking. Some of the group chat, while others mooch along in silence. It's the most relaxed I've felt in weeks. I've read that walking can lower depression, cut stress and enhance your mental health but now I'm feeling it, too. 'It's obviously great exercise, but it's also easy to chat while walking,' explains Colin Penning of the Met Walkers. 'Many of our members end up great friends, some even get married.'

Ten miles pass quite easily, even if I do fall asleep on the train home and have to sink into a hot bath the moment I'm

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through the door. The next day I ache from head to toe, much more than after any gym session. My thighs, my bum, even my stomach muscles are crying out (the benefits of sliding around in all that mud). 'It can help strengthen your whole body, including your core muscles,' confirms trainer Matt Roberts, who runs Nordic walking sessions (mattroberts.co.uk). 'It's also fantastic for improving mobility in the hips and cardiovascular abilities, which will lead to improved blood pressure, improved stamina and a lower risk of heart disease.'

The newly opened South Kensington Club (southkensingtonclub.com) has introduced its own Voyager programme, offering hikes everywhere from the UK coast to the North Pole. 'Just ticking off a new destination is not enough any more. People are seeking more adventurous destinations, not only to get away from the crowd, but to see more of a country, culture and nature they have travelled so far to

meet,' says Christina Franco, the programme's director.

The North Pole is all very well, but you don't *have* to go far to get back to nature. 'Just a few miles out of London, you're on the towpath along the Thames,' says Franco. And the best bit of all? It's free. Okay, joining a hiking group might cost you a few pounds a year, but pulling on your trainers and heading outdoors? Well, that doesn't cost a thing. 

The best UK hikes at
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ASK PHILIPPA

I want to sleep with men who aren't my husband, says a reader. Should I leave him? Don't throw away your marriage without looking at the reasons why, says Philippa Perry

Photograph TRENT McMINN



I've been married for 15 years but, two months ago, I had sex with a 25-year-old. There was no risk of us getting caught and we had safe sex. The thing is, I don't even feel guilty.

I'm 40 and my husband is 50. It was the first time I've done anything like this, but I fancy other men all the time and imagine having sex with them. Now that I've had sex with someone else, I know how easily it could happen again. I can't suppress my feelings forever. I still feel young, sexy and vibrant but my husband has lost his zest for life. I suspect he has mild depression, and we've spoken about it.

Regardless of what happens, I want him to be happy. He is a great father to our seven-year-old son and a very good husband. I know that should be enough. But we want different things now: to go on different holidays, to live in different places; we have different friends. I thought we'd grow together but I realise we're growing apart.

I think I'm only staying with him for our son. I've felt like this for two years. Please help, Philippa, I feel sick constantly thinking about it.
Kate, via email

There you are, hovering on the precipice between security and adventure. Oh, the excitement of that obsession one feels with a new person, the focused attention you get and bestow. Before recently, I don't suppose you'd given that sort of attention, or received it, for a while?

Focused attention is hard to rekindle when familiarity and the day-to-day business of chores and earning a living erode those early behaviours. What were once meaningful exchanges seem to dissolve into mere role-play.

You long again for mutual impact, expansion and growth, but the only way forward you can see would be to hurt and betray your husband. You say your husband is mildly depressed but I'm wondering whether you are? Whether you don't so much want to leave the person you are with, as leave the person you fear you are becoming?

There is a part of yourself you are keeping hidden from your husband and I wonder if he is feeling lonely as a result. It's not surprising he

is losing some of his vibrancy if he is no longer your confidant.

I'm not necessarily advocating you confess your adultery; rather that you keep your husband involved as you address your frustrations. At the moment you are seeking to redress your problems by running away. It's easier to pin our feelings of 'stuckness' on to the person closest to us than it is to look inwards and address our own vulnerability. Before you consider making a decision that could adversely affect you and the two people who love you most, you need more time.

You say you want different things: holidays, houses, social life. I do think there is room in a marriage for each partner to have separate holidays and see different people, although not many of us can afford a house each, so some compromise is always necessary.

A good marriage is not about being together all the time. It's about each continuing to grow and develop, and then bringing that development back into the partnership to share. Sexualising the need for some separate life is not often the path to anything other than a short-lived thrill and devastation.

You don't usually look at your long-term partner and go 'phwoar'. You decide to be sexual with each other, perhaps using fantasy, or whatever it takes. It's different from getting off with someone in the early days of a liaison. That thrill comes from dopamine, a body chemical that gives you a bit of a high. Different situations trigger it for different people – sex, gambling, chocolate, drugs – and the activity becomes addictive because you want another hit of that dopamine.

I think you may have had quite a hit of this after your adventure with the 25-year-old, and may be craving some more. The trouble with addiction is, the happiness it provides is about being released from craving. Then the craving builds up again.

With craving comes obsession, and that's good for feeling 'alive', too, as it can wipe out other, less easy-to-process emotions. What addiction does is fill a space within you, an emptiness, but it isn't a long-term solution. Working on your marriage, on the other hand, is. 

ASK PHILIPPA ANYTHING!

Philippa would love to hear from you, and to tackle your issue. Email her in confidence at therapy@redmagazine.co.uk. If you'd like to read Philippa's past columns on adultery, self-confidence, frenemies and more, visit Redonline.co.uk.

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The Double Lift - 'literally a lift without the surgery'



Feeling as if you're looking older and more tired, but don't want the risks and expense of a surgical facelift? It could be time for the new and exciting non-invasive Double Lift procedure.

Introduced exclusively to the UK by top cosmetic Doctor George Roman - a Parisian Doctor with a devoted celebrity following - we visited his clinic to find out more about the new revolutionary procedure everyone's talking about... When we arrive, Dr Roman is very welcoming and as we begin discussing aesthetics and cosmetics in general, we can see where his passion stems from. "I probably knew from the age of 18 that I was going to be a doctor. I come from a long line of doctors. I always wanted to help people," he says. "As a doctor, my aim is to improve the quality of life of my patients, and my philosophy is to 'improve' but not 'change' the appearance of my patients. We should not feel any guilt to improve or enhance our natural beauty if this allows us to live a happier life."

1. What is the Double Lift procedure?

"The Double Lift is a revolution in aesthetics. It is quite literally a lift without the surgery," Dr Roman explains. "Using the power of HIFU (High Intensity Focused Ultrasound) we customise a procedure for lifting and or tightening depending on the needs of the patient." The Double Lift uses the power of gentle yet powerful ultrasound to lift not just the skin but also the deep muscle layer underneath, which has previously only been achieved by surgical facelifts. "During the Double Lift procedure, warm pulses of ultrasound energy are delivered deep under the skin, causing the muscle layer to contract," he says. "At the same time the gentle heat

also encourages the healthy, natural process of rejuvenation, stimulating your skin to produce its own fresh new collagen."

2. What are the results?

"Patients can enjoy an overall more youthful and natural-looking appearance, as the skin becomes plumper, lifted and tightened. The quality of the skin becomes improved due to the huge collagen boost during the treatment, so your skin will be firmer, brighter, tighter and more elastic. My patients love the results."

3. Who is it suitable for?

"Typically, patients for this treatment are around 30-65 years of age. Essentially, where gravity and age strike, Double Lift can help," he explains. "The Double Lift is perfect for tightening and toning skin on the jowls, jawline, forehead, brow, around the eyes, and treating wrinkling and sagging on the décolletage and chest. If you are not ready for a surgical solution, but want to have tighter, more youthful skin and gentle, deep down lifting, then the Double Lift can be a great alternative."

4. What does the procedure entail?

"During the Double Lift procedure, warm pulses of HIFU energy are delivered deep under the skin, causing the muscle layer to contract, while the gentle heat also stimulates fresh new collagen close to the surface, making skin firmer, brighter and more elastic. The Double Lift delivers energy over a wider area, so it feels far more gentle. Patients usually describe feeling waves of warmth during their treatments."

5. How long does the procedure take?

"Timescales vary depending on the individual. Usually from 20 minutes to one hour."

6. Is it safe?

"Ultrasound has been used in medicine for many years, including in pregnancy scans, and is proven to be effective at skin tightening and lifting. The Double Lift uses new, advanced, second-generation technology for an even more effective and safer treatment." High quality ultrasound images on a computer screen allow Dr Roman to see inside the skin as he works, so he can precisely tailor each treatment to the individual patient for the best possible effect.

7. What is the recovery time?

"You should be able to proceed with your day as normal after the treatment. Patients will experience a little temporary reddening to the skin. "Exposure to intense heat should be avoided for around 48 hours after treatment, for example sauna/steam rooms or exposure to sunbeds/ultraviolet lights."

8. How long until we can expect to see results?

"Immediately," he says. "Jowls and double chins seem more taut, cheeks appear plumper, eyes look more open." The results continue to show for up to three months, he explains: "Because the Double Lift works deep down, and collagen takes time to be produced, results continue to improve for up to three months after treatment."

"As a doctor, my aim is to improve the quality of life of my patients, and my philosophy is to 'improve' but not 'change' their appearance"



**To find out more about
the revolutionary
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STARS

Yasmin Boland reveals what's in store for you this month

Illustration ANDREW HOLDER

TAURUS

April 20th–May 20th

This is a great month to rethink your financial strategies. Maybe it's time to update the way you have things set up. If you don't believe in yourself and what you have to offer, work out where that stems from. It will hold you back financially, without a doubt.



GEMINI May 21st–June 21st

Instead of forging ahead with new projects, use this month to consolidate. Make sure everything is running smoothly with your existing lot – in your personal and your professional life. You have a rare chance to redo something you didn't do as well as you'd have liked the first time, and you have plenty of energy with which to do it.

CANCER June 22nd–July 22nd

Love is at the top of your agenda. Attached? Make having fun with your beloved a priority. Many Cancerians have been hard work lately. Sort things out socially and/or romantically – lay on the love! Single? This month offers excellent possibilities for meeting someone new. It's also a great month for sorting out your finances or striking a new deal.

LEO July 23rd–Aug 23rd

There's more good news for you on the work front. If you know you came on too strong with a colleague or client or you drove a deal too hard, this month brings you some second chances. Don't be too proud to admit it if you were wrong. There is a new professional cycle starting now so hop on it.

VIRGO Aug 24th–Sept 22nd

This month gives you a chance to start all over again when it comes to your career. It's never too late for a complete change, if that's what you think you need. Or take a long look at where you are professionally and use the power of the new moon in your career zone on May 18th to reboot things.

LIBRA Sept 23rd–Oct 23rd

Things look great for you and your work life this month. Do bring some imagination to your job, if you want to succeed. But watch out for anyone who is setting themselves up as some kind of 'rival'. Charm them, rather than try to beat them. Finally, stay flexible when it comes to your career – and your pay. Don't be a control freak.

SCORPIO Oct 24th–Nov 22nd

A lot of Scorpios have been rather distracted from affairs of the heart, and even friendship, for the past few years. Saturn had you keeping your nose to the grindstone; there was little time for love. But that was then and this is now, and the new moon this month marks the start of an important new relationship cycle for you.

SAGITTARIUS Nov 23rd–Dec 21st

There could be times this month when you feel as though someone is provoking you. And guess what? They actually might be. Your challenge is to maintain your infamous sense of humour while sorting out whatever issue it is they're raising. You may need to go over and over things before you reach an agreement. Don't lose your cool.

CAPRICORN Dec 22nd–Jan 19th

It's time for you to get proactive about your daily routines. Getting yourself into the right headspace from the get-go in the morning really does set you up well for the rest of the day. Do something often enough and it becomes a habit, so start each May day with lemon water, yoga and/or meditation. Your life will run more smoothly!

AQUARIUS Jan 20th–Feb 18th

Weigh up how much you want to be there for your friends and how much you need to look after yourself. One of your major challenges this year is to trim your social life back to the events that really matter. Spreading yourself too thinly among your friends is not going to work – and annoys everyone, including you!

PISCES Feb 19th–March 20th

Use this month to focus on your home and family life, work pressures notwithstanding. If there are issues connected to your domestic set-up that need sorting out, you should find you have the energy you need to deal with them. Find the time! For some, it's all about going back to a place you once called home.

ARIES March 21st–April 19th

You're being challenged to think very carefully before you move ahead. Review and revise anything and everything you're contemplating, be it a job or house move, a relationship situation that's up for change, a trip away (or anything else). Your plans might be very sound, but they will benefit from a second and third look before you sign off on them. ■



LULU GUINNESS

For the fashion designer, a Cartier compact is an everlasting connection to her grandmother's glamour

Photographs STEPHANIE SIAN SMITH

My grandmother gave me a love of beautiful old things and she also left me her 1930s Cartier Sapphire compact when she died.

I was the oldest grandchild and I think that gives you a special bond. I grew up in a house filled with boys talking about sport, but I liked spending time in her freezing old house in Suffolk. There were days spent looking through her wardrobe, filled with couture bags and walls of boxes. I remember the smell of Lanvin Arpège and her pink lipstick (red would have been considered tarty!).

I loved hearing about her glamorous youth. Betty (she hated the name) was a debutante. She was taught to sing professionally in Paris and married off at 24 years old, as you were in those days. She was also very clever. She

divorced quite young and told me that people would cross the street to avoid talking to her. Her passion was horse racing; she owned a successful racehorse called Hotfoot. When she died she gave me money, which I used to start my business. My business came from Hotfoot's stud fees!

I remember her being very thin and very disciplined. She was on a diet until the day she died. She thought if you couldn't fit into a size 10 it was all over. She'd never have gone downstairs without full make-up and she powdered her nose every hour. I only looked at the compact objectively quite recently. I literally took the tissue out the other day (it still had her powder on it), looked at it and said, 'Bloody hell, it's sapphire Cartier!' It had never occurred to me, it was just my granny's compact. 



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